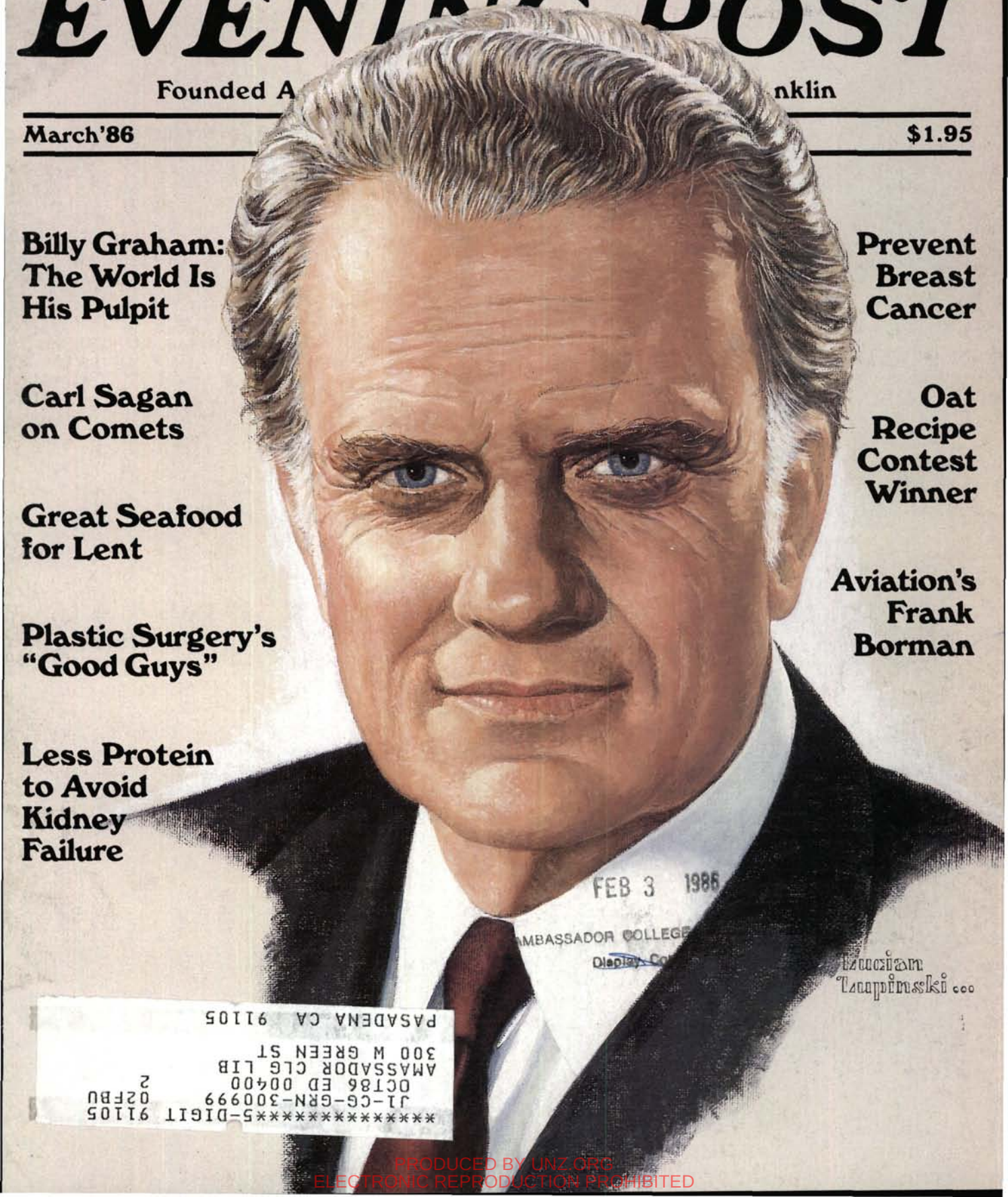
THE SATURDAY EVENING POST

Founded A nklin

March'86 $1.95



Billy Graham: The World Is His Pulpit

Carl Sagan on Comets

Great Seafood for Lent

Plastic Surgery's "Good Guys"

Less Protein to Avoid Kidney Failure

Prevent Breast Cancer

Oat Recipe Contest Winner

Aviation's Frank Borman

FEB 3 1986

AMBASSADOR COLLEGE

Display Co

Lucian Tupinski coo

PASADENA CA 91105

300 W GREEN ST

AMASSADOR CLG LIB

OCT86 ED 00400 2

J1-CG-GRN-300999 02FBU

**********5-DIGIT 91105

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

In 1935 it was the Hummel figurines.

RACHEL OF NORTH CAROLINA

ELINOR OF CONNECTICUT

WILLIAM OF MASSACHUSETTS

Sculptured figures portraying children are the most widely collected of *all* works in porcelain—and have been for many years. And some of them, like the traditional Hummel figurines from Germany, have become highly prized possessions sought after by collectors in many lands.

But now, America will have its *own* collection in this treasured tradition.

They are The Cobblestone Kids. Thirteen enchanting porcelain sculptures by young American artist Debbie Bell Jarratt, portraying the children of the thirteen original colonies. And they are the most delightful—most mischievous—most appealing little children that you are ever likely to meet, anywhere.

Each beautiful sculpture portrays an engaging youngster doing his chores—and discovering, along the way, the delights of the world around him.

There's Tobias, riding his barrel down the rolling hills of his Virginia plantation. And William, scanning the busy harbor at Plymouth, Massachusetts, with his trusty telescope. And Rachel, the little North Carolina farm girl, whose pet rabbit is "helping" her pull up carrots.

These and ten more lovable little tykes make up The Cobblestone Kids collection. And they're so engaging, you'll fall in love with each of them.

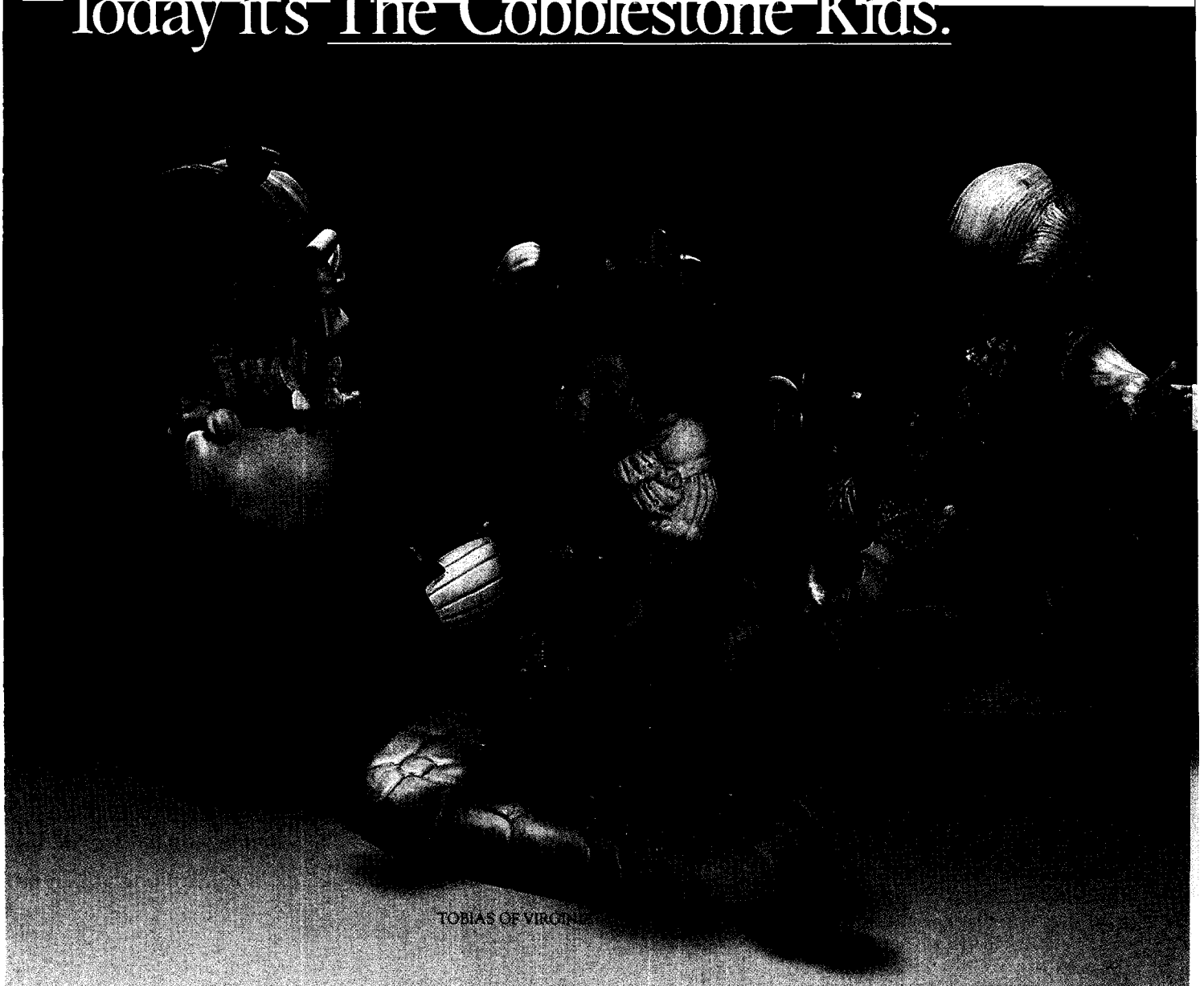
All the more so because each of these whimsical and endearing portraits is a fine imported porcelain sculpture. Rich with captivating detail. And painted *completely by hand* to capture the innocent beauty of each little face... the distinctive style of each authentic costume... and all the humorous little touches that make Debbie Bell Jarratt's work so beguiling. Including the lighthearted yellow butterfly with which she 'signs' each sculpture.

Just look at Diana's brand new bonnet and the ripe red raspberries gathered in her apron ... the soft white wool on Elinor's little lamb ... the curl in Ethan's powdered wig. Such detail and artistic quality are rare indeed in a hand-painted porcelain figurine of this size costing just $50.

It's easy to acquire the entire

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Today it's The Cobblestone Kids.



collection on a systematic payment plan. The figurines will be issued at the rate of one every other month, and you will be billed for each one in two monthly installments of $25 each.

And your collection certainly will be admired. For these personable little people are irresistible. Everyone who sees one starts to smile just at the idea of it—then reaches out to pick it up. That's why these figurines are so much fun to collect.

But please note that The Cobblestone Kids are available exclusively from The Franklin Mint. So to bring their beguiling charm into your home as soon as possible, simply mail the accompanying application by April 30th.

The Cobblestone Kids. An American revolution in fine porcelain.

© 1986 FM

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please mail by April 30, 1986.

Please enter my subscription for The Cobblestone Kids Porcelain Figure Collection by Debbie Bell Jarratt. I need send no payment now. My figurines will be sent to me at the rate of one every other month, and I will be billed for each one in two monthly installments of $25.* each, beginning prior to shipment.

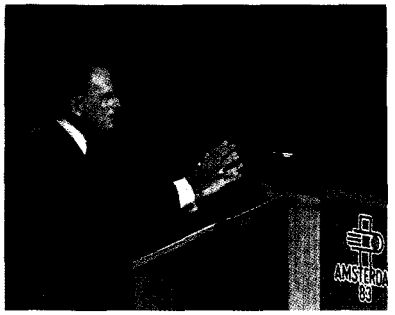
Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE

Mr./Mrs./Miss _____
PLEASE PRINT CLEARLY

Address _____

City, State, Zip _____

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Billy Graham—from preacher on a stump in a Florida swamp to the world's most effective evangelist. **42**

Plastic Surgery's "Good Guys"—are taking their skills to the underprivileged of the world. **46**

Former Astronaut Frank Borman—finds circling the moon was child's play compared to keeping an airline afloat. **30**

Organ Donor
Call Number
1-(317)
636-8881
Night and weekend number for
emergencies only: 1-(317) 244-2946

When you have—a transplant organ need, or organs to give—call.

THE SATURDAY EVENING POST

Founded A.D. 1728

Published by THE SATURDAY EVENING POST SOCIETY
a division of THE BENJAMIN FRANKLIN LITERARY & MEDICAL SOCIETY

REG. U.S. PAT. OFF.

TABLE OF CONTENTS, MARCH 1986 Vol. 258, No. 2

FICTION

The Hounds of Youth, Part II ..... *Wilson Rawls* 50

FEATURES

Oat Recipe Contest Winner 12
Great Seafood for Lent ..... *Jacquelyn R. Nyenhuis* 22
Hats Off to the Cold ..... *Mike Royko* 28
Frank Borman: Aviation's Most Daring Executive ..... *John McCollister* 30
Smoking Out the Drafty Fireplace ..... *Jack Hayes* 38
Billy Graham: The World Is His Pulpit ..... *Maynard Good Stoddard* 42
My Father and Other Good Guys:
Plastic Surgeons Abroad ..... *Mary Blocksma* 46
The Diet Is Cast ..... *Maynard Good Stoddard* 56
A Mote of Dust ..... *Carl Sagan and Ann Druyan* 58
New Plots for Gardens ..... *Charlene Faris* 64
Report on the *Post*'s Cancer-Prevention
Survey ..... *Edward Maibach, M.P.H., Lillian Gigliotti, Ph.D., and Gladys Block, Ph.D.* 66
Prevent Breast Cancer Deaths ..... *Cory SerVaas, M.D.* 68

DEPARTMENTS

Letters 4
Post People 16
Speaking Out: Key to Greatness ..... *Bob Slosser* 18
Vets on Pets: Watching Your Dog's Weight ..... *H. Ellen White, D.V.M.* 26
Sports: Charles Schulz: Hockey's Late Bloomer ..... *Bernie Ward* 62
Food: Warming Up in Chili Weather ..... *Allen Simon* 82
Travel: China ..... *Pat Perry* 90
Virgin Islands: Bargain Sails 92
Medical Mailbox: Kidney Care (Less
Protein to Avoid Kidney Failure) ..... *Cory SerVaas, M.D.* 106

(Cover painting by Lucian Lupinski)

The Saturday Evening Post (ISSN: 0048-9239), incorporating *Country Gentleman*, is published monthly in 1986, except bimonthly in Jan./Feb., May/June and July/Aug. by the Benjamin Franklin Literary & Medical Society, Inc., at 1100 Waterway Boulevard, P.O. Box 567, Indianapolis, IN 46202. Second-class postage paid at Indianapolis, IN 46206, and at additional mailing offices.

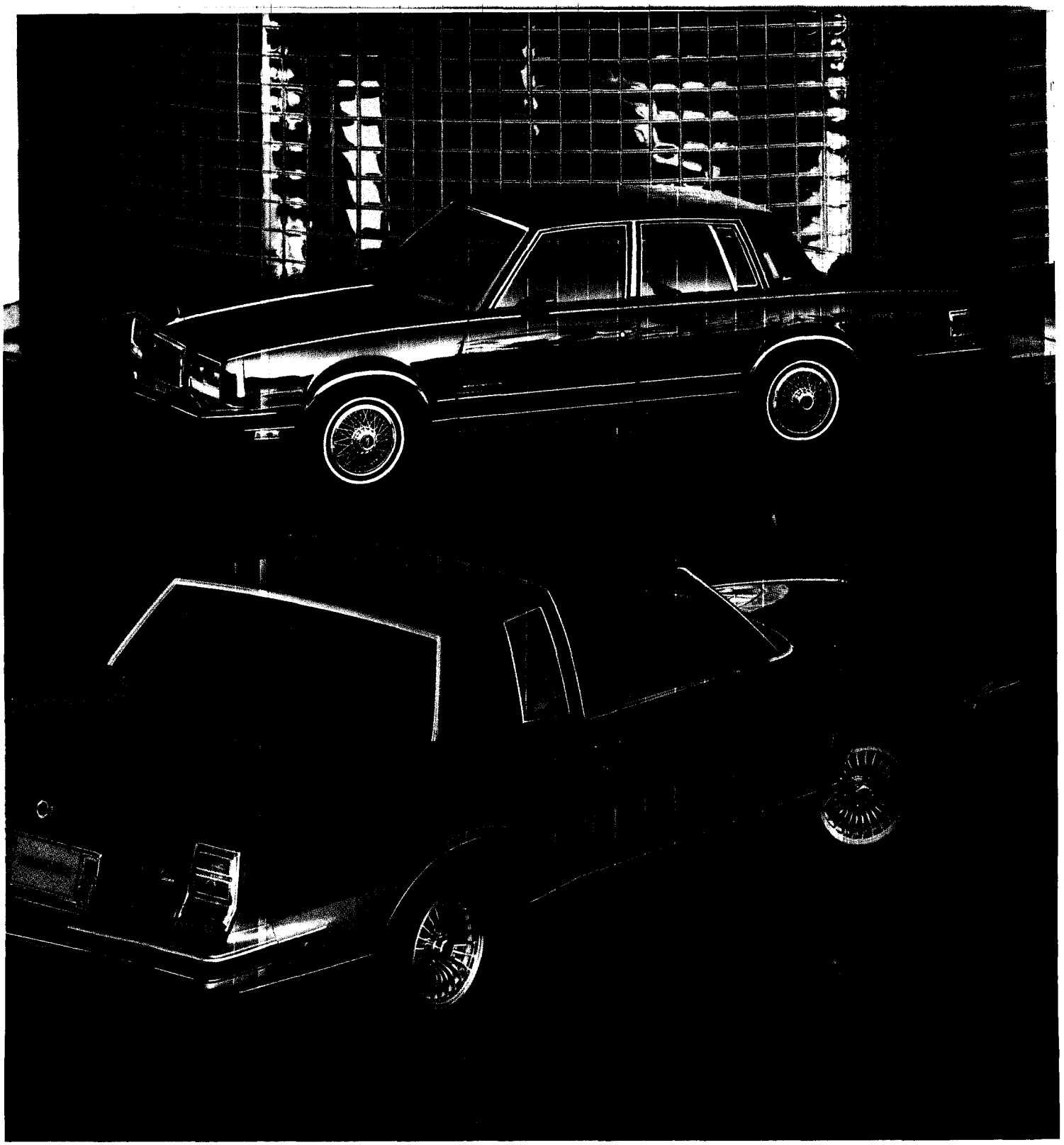
Copyright © 1986 by the Benjamin Franklin Literary & Medical Society, Inc. All rights reserved. Title registered U.S.Patent Office.

Membership Subscription Prices: U.S. and possessions: 1 year, $12.97. Canada and all other countries: $17.97. *The Saturday Evening Post* editorial, circulation and business offices are located at 1100 Waterway Boulevard, Indianapolis, Indiana 46202. **Postmaster: Send address changes to *The Saturday Evening Post* Subscription Offices, P.O. Box 10675, Des Moines, Iowa 50336.** Allow six weeks for change of address.

Unsolicited manuscripts, art work and photographs submitted to *The Saturday Evening Post* must be accompanied by an addressed return envelope and the necessary postage. The publisher assumes no responsibility for the return of unsolicited manuscripts, artwork or photographs.

The names of characters used in all *Post* fiction and semifiction articles are fictitious. Any resemblance to a living person is a coincidence.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



In touch with the road, as well as your sense of style.

Designed for performance and luxury, the personal-sized Grand Prix and Bonneville feature power steering, power brakes, automatic transmission and a long list of luxurious appointments. The style is distinctive. The experience is pure Pontiac!

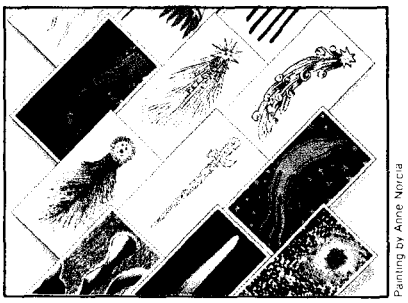
PONTIAC GRAND PRIX AND BONNEVILLE

WE BUILD EXCITEMENT

LET'S GET IT TOGETHER BUCKLE UP.

PRODUCED BY GAZELORD
ELECTRONIC REPRODUCTION PROHIBITED

Stopping Breast-Cancer Deaths—made easier with mammograms. **70**



Painting by Anne Norcia

Comets—Space scientist Carl Sagan takes a philosophical look at their past and future. **58**

Amateur Hockey—is for kids of all ages, including the "Peanuts" gang and their creator, Charles Schulz. **62**

Chili Warm-up—Six ways to enjoy America's favorite hot lunch. **82**

Experimenting with Oats—pays off for a *Saturday Evening Post* subscriber and mother of five. **12**

Letters

Hotfoot Help

In regard to Albert G. Duble's (Newberg, Oregon) foot problem. I too had about the same thing. My feet would burn and itch only after going to bed. I found out I had too much sugar in my blood. My doctor told me to eat food without sugar—I was a borderline diabetic.

As soon as I got the blood-sugar count down, I noticed my feet weren't burning or itching. I also have to watch foods with certain acids that cause gout. I also found a brisk walk of a mile—more or less—helped.

I take wheat bran every morning.

Edith Schrantz
Darby, Montana

In the Jan./Feb. issue, I read the complaint of "hot feet." It was very much like the problem I had recently, and I know how distressing it is.

My doctor ran a five-hour glucose test and found that I had diabetes II, a common complaint of older people. It is not one of the symptoms given when alerting people to that disease, but I have talked to others with the same symptoms and problem.

A simple change of diet—without sugar—and regular meals have helped very much in a short time.

Verla R. Schmid
Porter, Indiana

High on Slow-Mag

Been reading with interest your readers' comments on Slow-Mag. I credit calcium and magnesium for getting me off medication for high blood pressure. I've had my blood pressure under control for over three years now. Keep those articles coming.

Mrs. G. Phipps
Buhl, Idaho

Sold on Soderman

What a super story in the December issue, on Danuta Soderman, co-host of "700 Club." I'm sure many thousands of people share my view of her as one of America's most admired women.

I just wish the article had been longer—much longer. I would like to know more about her personal life,

continued on following page

EDITORIAL

Cory SerVaas, M.D., *Editor and Publisher*
Landrum Bolling, *Foreign Affairs Editor*
Robert L. Silvers, *Associate Publisher*
Ted Kreiter, *Executive Editor*
Maynard Good Stoddard,
Patrick Perry, *Senior Editors*
Fred C. Stadler, *Director, Corporate Development*
Roberts Ehrgott III, *Travel/Associate Editor*
Jack Gramling, *Research Editor*
Timothy Ehrgott, *Cartoon Editor*
Rebecca Whitney, Carrie Torres, *Editorial Assistants*
Mary June Parks, *Associate Food Editor*
Holly Coors, *People Page Editor*
Holly G. Miller, *Contributing Editor*
Peter Michael, *Director of Television*

ART

Chris Wilhoite, *Acting Art Director*
Lucian Lupinski, *Illustrator*
Barry N. Sneed, *Art Production Manager*
Isaiah Scott, *Special Sections Designer*

PRODUCTION

Dwight Lamb, *Production Manager*
Greg Vanzo, *Technical Director*
Penny Lindsay-Rasdall, Phyllis Lybarger, Patricia Stricker, *Compositors*

CIRCULATION

Tim Huff, *Circulation Manager*
Joe Swaynie, *Assistant Circulation Manager*
Audrey Botha, *Single-copy Sales Manager*

ADVERTISING OFFICES

INDIANAPOLIS

Don Sutton, *Marketing Director*
Khris Robinson, *Marketing Research*
Janet Andersen, *Corporate Advertising*
Steve Pettinga, Penny Lindley, *Account Executives*
Nancy Bullock, *Advertising Administrator*
Karen Smith, *Special Sections Administrator*
1100 Waterway Boulevard,
Indianapolis, Indiana 46202
(317) 636-8881, Telex 27-440

NEW YORK

Ron McIntyre, *Associate Publisher*
Peter Aldrich, *Advertising Director*
Barbara Dugan, Stephanie Citron, Lee S. Emanuel, *Account Executives*
Lori Schneider, *Marketing Research*
150 East 52nd St., 17th Floor
New York, New York 10022 (212) 371-0400

Direct Response & Mail Order

Bob Bernbach
274 Madison Ave., Suite 1804
New York, New York 10016 (212) 696-4650

DETROIT

Dave McDonald, Jack Sterling
The Clausen Building
1520 N. Woodward Ave., Suite 213
Bloomfield Hills, Michigan 48013
(313) 645-0444

SOUTHEAST

Ray Rickles & Company
P.O. Box 402008
Miami Beach, Florida 33140
(305) 532-7301
699 Carriage Drive, N.E.
Atlanta, Georgia 30328
(404) 252-4507

NORTHERN CALIFORNIA

Wheeler & Wheeler
43 Quail Court, Suite 14
Walnut Creek, CA 94596 (415) 930-9900
Paul Palmeri, *Religion Specialist*
P.O. Box 7550
Van Nuys, CA 91409 (818) 366-9798

SOUTHERN CALIFORNIA

R C Bublitz & Assoc.
22247 Burbank Blvd.
Woodland Hills, CA 91367 (818) 992-0366

PRODUCED BY ONE.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Officially authorized by Shirley Temple Black...

THE SHIRLEY TEMPLE Heidi DOLL

One in a series of heirloom-quality porcelain dolls capturing Shirley Temple in her most famous movie roles.

The Danbury Mint is pleased to announce an enchanting new Shirley Temple doll — authorized by Shirley Temple Black herself! This fourteen-inch doll will depict Shirley Temple — dimples, smile, curls, ringlets and all — just as she appeared in the famous 1937 movie, "Heidi."

An abundance of bisque porcelain

The Shirley Temple "Heidi" Doll is lovingly crafted in fine imported bisque porcelain. In fact her entire upper body is formed of bisque porcelain, as are her legs and arms. Such an abundance of porcelain is unusual except in the most expensive collector dolls.

Remarkable special touches

Eyelashes, eyebrows, and lips will be artfully painted by hand. Her hair — those remarkable curls and ringlets — will be styled by hand.

She wears her famous "Heidi" outfit — complete with flowered vest, green striped apron and black tights. Notice the frilled petticoat undergarment, the crisscrossed ribbon tying her vest, and the matching red ribbon on her straw hat. She's even wearing those adorable, brown oxford shoes!

An exceptional value

The Shirley Temple "Heidi" Doll is available at the attractive original issue price of $90 which may be paid in convenient monthly installments. This is a remarkable value when you consider that previously available Shirley Temple porcelain dolls have all sold at prices in excess of $200. You will receive a display stand at no extra charge. What's more, your doll will be accompanied by a personalized serially-numbered Certificate of Authenticity.

A Danbury Mint exclusive

The Shirley Temple "Heidi" Doll is available only from the Danbury Mint. Moreover, as a registered owner of this doll, you will have the privilege — but not the obligation — of acquiring other dolls in the collection with a matching serial number registered in your name only.

Please respond promptly

You need send no money now. Simply complete the Reservation Application and return it promptly. *Do reserve your doll today!*

Shown smaller than actual size of 14" in height.

©DM

RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

THE SHIRLEY TEMPLE Heidi DOLL

L-40

Please return by May 31, 1986.

Please accept my reservation for *The Shirley Temple "Heidi" Doll.* The doll will be expertly crafted of imported bisque porcelain, lovingly hand-painted, and authentically attired in the adorable costume that she made famous.

I need send no money now. I will pay for the doll in three convenient monthly installments of $30 each*, the first being billed before shipment of my doll. If I am not satisfied, I may return my doll within thirty days for a replacement or refund, and this subscription may be canceled by either party at any time.

*Plus $1 per installment for shipping & handling.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

☐ Check here if you want each monthly installment charged to your: ☐ VISA ☐ MasterCard

Credit Card Number _____ Expiration Date _____

Signature _____

Allow eight to twelve weeks after payment for shipment.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

her home, parents, husband, and aspirations for the future. What a blessing she is to so many.

Barbara Estes
Charlotte, North Carolina

See C-SPAN

Thank you, *SatEvePost* and Sharon Geltner, for the beautiful article "Brian Lamb: The Man behind C-SPAN" (Dec. '85).

I discovered C-SPAN one day four years ago while flipping channels. I enjoyed watching 9 a.m. until midnight.

C-SPAN should be a must in every school. It makes learning about how the government operates very interesting—gives students a firsthand view on the printing of our newspapers. C-SPAN gave me an appreciation for my morning newspaper and news magazines with its 9 a.m. call-in program. *Newsweek* and *Time* should put Lamb on their covers. I loved seeing the editors, reporters, and political cartoonists on C-SPAN. You could hear both sides of the issues. None of his staff shows bias.

Now I have moved and don't have cable. I didn't realize I missed it until I saw your article.

Brian Lamb has got to be a man who loves people, country, and education. He would make a great history and current-events teacher. Hope schools are taking advantage of C-SPAN.

Grace Larson
Lakeville, New York

Clean-Air Advocate

I must write to you commending the fine articles on the use of tobacco in recent issues of *The Saturday Evening Post*. Do keep up the good work!

It's interesting to note that tobacco farmers are subsidized in their production by our government, which then spends millions more dollars to fight disease, effects, and care that tobacco users eventually require. We, the average law-abiding, productive citizens, pay that bill.

It is also difficult to understand how the Amish community of Pennsylvania and the many evangelicals of the South do not believe in the use of tobacco but produce it for the destruction of humanity.

Tobacco, a slow, insidious poison in the same rank as harmful drugs, is especially directed at the young. Both of my parents died at an early age—deaths brought on by the use of tobacco. I pray to God that more people will sue the tobacco interests and make them pay for the harm they are causing.

More and more business and public places are prohibiting smoking. My hat's off to them! Let's have more! We have rights to clean air too.

Jean Miller
Woodland, California

Post Mark: A Plus

The Saturday Evening Post serves as a valuable instructional tool at Mabelvale Junior High School. To provide our students with reference skills, we teach them how to use atlases, gazetteers, and other geographical reference books. For a follow-up activity we clipped, pasted on tag board, and laminated "Where do you think you are?" from back issues of *The Saturday Evening Post*. The students worked in teams that competed to see which group could be first to correctly identify the locations shown. This activity has been a beneficial learning device, and the students think it's fun.

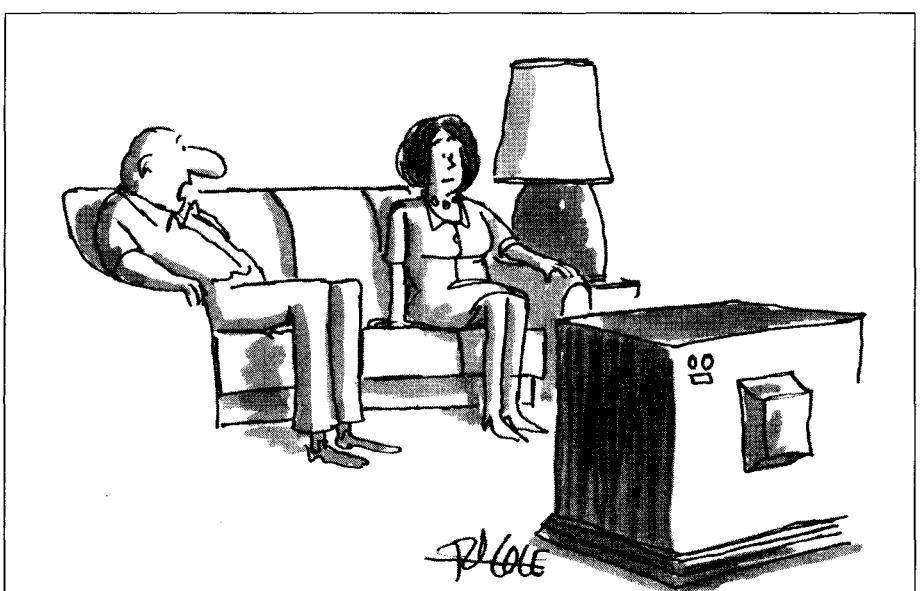
Carolyn McFarland
Mabelvale, Arkansas

Scratching Kitty's Claws

Your correspondent objecting to Dr. White's mention of cat declawing is the same propaganda myth I have heard before and with very much the same wording. Front-declawing an offending cat is a very humane method of preventing serious destruction of property, people, and pets, when no other method will work (including the scratching post). These cats can still defend themselves with teeth and their back claws. They can climb trees and catch mice. I have known many to run all other dogs and cats away from their property, and their owners laugh when told by other people how defenseless they would be.

In more than 30 years of practice and after thousands of declawing procedures, I have never seen cats "bleed to death, develop impaired balance, become biters..." as a result of being or not being declawed, or "develop impaired balance with eventual weakening of their leg, shoulder, and back muscles." (Does ear-lobe piercing cause deafness?) The nails are retractable and are not to be equated with fingernails or a dog's toenails. A cat's claws are good as offensive weapons. The nail is certainly not "their finger" and any veterinarian who feels that declawing is a "painful mutilation" and has "seen firsthand the incredible suffering" had better reexamine his surgical techniques.

An extension of this myth is the ploy that it is better to have a cat "put to sleep" than to have it declawed. Some organizations that sponsor spaying and neutering programs (veterinarians voluntarily give discounts for them) even refuse this serv-



"Ever since Walter Cronkite retired, I wonder if that's really *the way it is."*

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Don Taylor has a $100,000 policy. It helps his wife, Jackie, and daughter, Monica, to have the security they need now. And he'll have the "living benefits" to help out when Monica is in college.

Jay Jamison has a $125,000 policy. His growing family's got protection now, and Jay is building "living benefits" to help with a down payment on a larger home.

Ellen Steele has a $50,000 policy for insurance protection and to help assure her a secure and independent retirement.

The above examples are simulations.

Life insurance that protects your family and can pay you "living benefits."

Have it both ways with Allstate Universal Life

If you think life insurance only comes with "death benefits," then you haven't heard about Allstate Universal Life. It helps protect your loved ones from financial burden if you die. But, that's only the beginning.

"Living Benefits," Too.

Allstate Universal Life also provides the opportunity to build big cash value savings for the future. These "living benefits" can help you save for your children's college education, emergencies, a larger home, retirement, or whatever you decide.

Plus, it can build these "living benefits" at currently competitive interest rates that help keep pace with inflation.

Allstate Universal Life has great flexibility to meet your changing needs. It allows you to build more cash savings, increase or decrease coverage, or decrease or skip premiums, if you qualify and within limits.

See How Much More You Can Get Out of Life ... and Your Life Insurance.

Ask for all the facts on Allstate Universal Life. And you'll get your own individual, computerized Cash Savings Outlook, which shows you how this plan can help you protect your family today and how the "living benefits" can build for tomorrow.

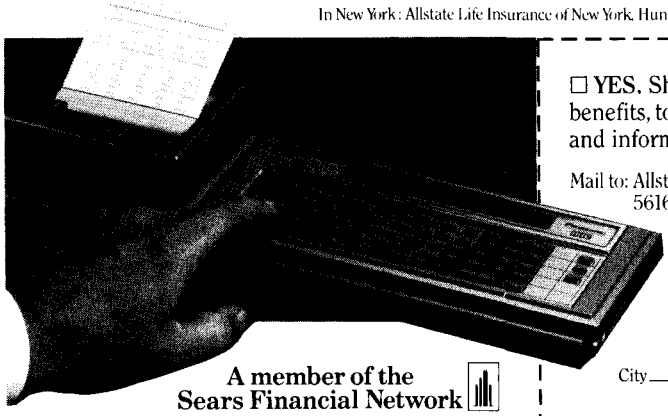
With that peace of mind *and* cash savings, your only question will be just how to use all the "living benefits" from your Allstate Universal Life Plan.

Leave it to The Good Hands People.

Free Computerized Cash Savings Outlook

See your Allstate agent, mail this coupon or call Allstate toll-free, 1-800-343-4300
(Operator 848)

In New York: Allstate Life Insurance of New York, Huntington Station, NY Elsewhere: Allstate Life Insurance Company, Northbrook, IL



A member of the Sears Financial Network

Allstate®
You're in good hands.

☐ YES. Show me how Allstate Universal Life can provide security *and* living benefits, too. Please send my own personal computerized Cash Savings Outlook and information on Allstate Universal Life—free and with no obligation.

Mail to: Allstate Consumer Information Center
5616 N. Western Ave., Chicago, IL 60659

Name _____ Male ☐ Female ☐
(please print)

Address _____ Apt. No. _____

City _____ State _____ Zip _____

Phone _____ Date of Birth _____ (Mo. Day Yr.) Smoker ☐ Non-Smoker ☐

Desired Amount of Coverage: ☐ $50,000 ☐ $100,000 ☐ Other _____
(minimum $50,000)

1628

PRODUCED BY LINZ ORG
ELECTRONIC REPRODUCTION PROHIBITED

ice for cats who have been declawed. This is simply a testimony to the type of logic perpetuated by this cause.

Your Dr. White is right on track. You are to be commended for publishing her many articles dedicated to the humane welfare of all animals.

Frederick F. Everhart, D.V.M.
Baltimore, Maryland

Two Covers Short

In 1978, upon the death of Norman Rockwell, I started collecting the 323 *Saturday Evening Post* covers done by him. Up to the present, seven years later, I have collected all but two.

In the past year, I have tried all sources to no avail in trying to collect the following two: January 17, 1920, and May 15, 1920.

As a last resort, I am asking your help in completing my set. I am willing to pay top price for the above two covers. My understanding is that you don't sell any back issues prior to 1951, but in this situation, I would more than appreciate your deviating from that policy.

John F. Butler
Waltham, Massachusetts

Editor's note: Can anyone help Mr. Butler?

Post on a Pedestal

When I was 8 years old (now 80!), my father subscribed to *The Saturday Evening Post*, and the whole family read it! Now that everyone is gone, I still subscribe to it because it is the only one worth my while.

These days, when most others are at best mediocre, and at worst stoop to "off-color" things (to put it mildly), *The Saturday Evening Post* remains unsullied, in the clean air of decency, morality, and good taste, plus intelligent recreation. My lifetime thanks.

Manuela G. Koch
Los Angeles, California

All in the Family

You have such good medical coverage in *The Saturday Evening Post*, so I am writing to you.

I would like to see a good article on the subject of epilepsy. I would like to really know about the heredity of epilepsy. I have heard pro and con on the subject. My dad had epilepsy and he drowned while having a seizure at the age of 46. I had epilepsy from the age of 14 until I was 21. My son Brian started having epilepsy at the age of 6 and he is now 21. My daughter Beth started having epilepsy at the age of 8 and she is 19 now.

Margaret Porter
Gothenburg, Nebraska

Fiberphiles

I read your article about oat bran and obtained some from Carbondale, Illinois. After using it a few days it cured constipation that had caused me to take laxatives for four years. I haven't been able to buy it locally yet, but I hope it will be possible soon.

I had also tried regular bran, but it hadn't been as effective. I am very grateful.

Your recipe booklet sounds helpful.

Evalena K. Pett
Ilion, New York

Loves Greene Apples

I am a recent newcomer to your magazine and enjoy it immensely from cover to cover. I've even asked the local librarian to save all old issues for me that I've missed, before disposing of them. Bob Greene's little piece on Johnny Appleseed in the '80s was so amusing to me that I had to write and tell you about it. Normally I try to restrain myself and carry a cool composure in public, but while reading that piece I burst out laughing. Thanks, Bob, for bringing that fine piece of humor into my life.

John A. Hindsman
APO New York

On the Bias

The critical letter by Michael J. Kerrigan, president of the Smokeless Tobacco Council, stated he was "appalled" that *The Saturday Evening Post* would print an article concerning smokeless tobacco that assumed that smokeless tobacco was hazardous to health.

I agree with *The Saturday Evening Post* editorial comment regarding the letter, that Mr. Kerrigan was a bit biased.

I wish to commend the *Post* for its public concern, and the fact that its pages are not cluttered up with cigarette ads.

Arnold Sprague
Attica, New York

From the New World

Recently, in reading an essay of John Burroughs (1837-1921) entitled "A Bunch of Herbs," I read his list of some 40 herbs from the "Old World," meaning Europe, I presume; finally, he says:

"To offset this list we have given Europe the vilest of all weeds, a parasite that sucks up human blood—tobacco."

Today the tobacco industry is big business, and all attempts to do away with it have been so far unsuccessful.

In fact, the U.S. Department of

continued on following page

"Would you bring me Mr. Hamilton's tax return? It's on the bulletin board by the coffee machine!"

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Lenox.

First Waltz

A Lenox tribute to American fashion—created under the guidance of our country's leading costume experts.

Individually crafted of fine handpainted porcelain.

Available only by reservation.

Shown smaller than actual height of 8¼".

t is 1895, the heart of what was known s the "Gibson Era" or "Gay Nineties." At a society ball an elegant young ady awaits the man to whom she has romised the first waltz. She is dressed n the height of fashion: pearl choker, ibbed silk gigot sleeves and ostrich-eather fan. Her silk brocade skirt is lesigned to flow gracefully with the hirling motion of the waltz—the opular dance of the day.

First Waltz has been created by enox under the guidance of distin-uished fashion authorities—Vera Iaxwell, renowned fashion designer; Carrie Robbins, award-winning Broad-ay costume designer; Robert Riley, 'ashion Institute of Technology and Iatthew Kiernan, Costume Society of merica. This lovely figurine repre-ents one of the most important eras n American fashion and is *historically ccurate down to the finest detail.*

A Handcrafted Work of Art

Conceived and designed by the artists f Lenox and created exclusively nder their direction by master crafts-nen in Japan, each figurine is indi-idually crafted of the finest bisque orcelain—capturing *extraordinary etail* from the delicate lace-and-uffle bodice to the gently scalloped etticoat.

Skilled artisans paint each piece *y hand*, creating a delicately colored ork of art of incomparable beauty. And each figurine is embellished on s base in *pure 24 karat gold* with the itle and the world-famous Lenox rademark...the symbol of unsur-assed quality and craftsmanship.

© Lenox, Inc. 1986

And, of course, your satisfaction is *completely guaranteed.*

Available Only Direct from Lenox

First Waltz is available only by reservation direct from Lenox and will not be sold through even the most prestigious dealers or galleries. The original issue price is $95, payable in convenient monthly installments of $19 with *no finance charge*. Each figurine is accompanied by a Certificate of Authenticity and literature on the history of American fashion.

Since each figurine is individually handcrafted, please allow 6 to 8 weeks for shipment. Reservations are accepted in strict sequence of receipt and should be received by March 31, 1986. To order, simply mail the attached postage-paid Reservation Application, or call our toll-free number below.

FOR YOUR CONVENIENCE, CALL TOLL-FREE 1-800-228-5000

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Agriculture supports the growers with advice and help; another bureau, the Department of Health and Human Services, insists on the warning label on tobacco packages—"dangerous to your health."

As we all know, to our sorrow, tobacco in any form is injurious to human health, along with opium and marijuana, but trying to get an addict to quit is almost hopeless.

I lost my father, age 45, years ago, who owned and operated a cigar store; I also lost my sister and brother-in-law, who both began to suck cigarettes in high school. I, myself, did smoke a pipe years ago and a few cigars, but I didn't like cigarettes (smelled doped to me), and now I am 81.

How many forest fires have been started by smokers over the years, as well as countless homes, factories, mills, etc., burned down, will never be known—mostly by arson or carelessness!

The case of lampreys attaching themselves to fish in our Finger Lakes of western New York state and also in the Great Lakes is well-known. Once a lamprey gets attached to a trout, or bass, or pickerel, that fish is soon dead—sucked dry! And so is a human who refuses to quit cigarettes!

Allyn W. DeVoll
Shortsville, New York

Royko Risible

Well, you've done it again. *The Saturday Evening Post* arrived on a snowy, blue day, and so I thought I had better read Maynard Good Stoddard to make my day brighter. Before I could get to Maynard I came upon Mike Royko's "Doing a Number on AT&T." Of course, I laughed so hard I didn't dare read "Christmas on Two Wheels" for at least two days. (I've heard of people who die laughing.)

Please do not ever run Barnyard Good Stoddard, Mike Royko, and Patrick F. McManus (author of *A Fine and Pleasant Misery*) all in the same issue. I couldn't stand it. I like the rest of your magazine too.

Dorothy Call
Ogden, Utah

Happy with Hanukkah

I bought the December issue of *The Saturday Evening Post* for the Jews for Jesus ad. Lo and behold; I found a delightful article about Hanukkah, some great recipes, health tips, and many other good things. I am sending my check for a year's subscription.

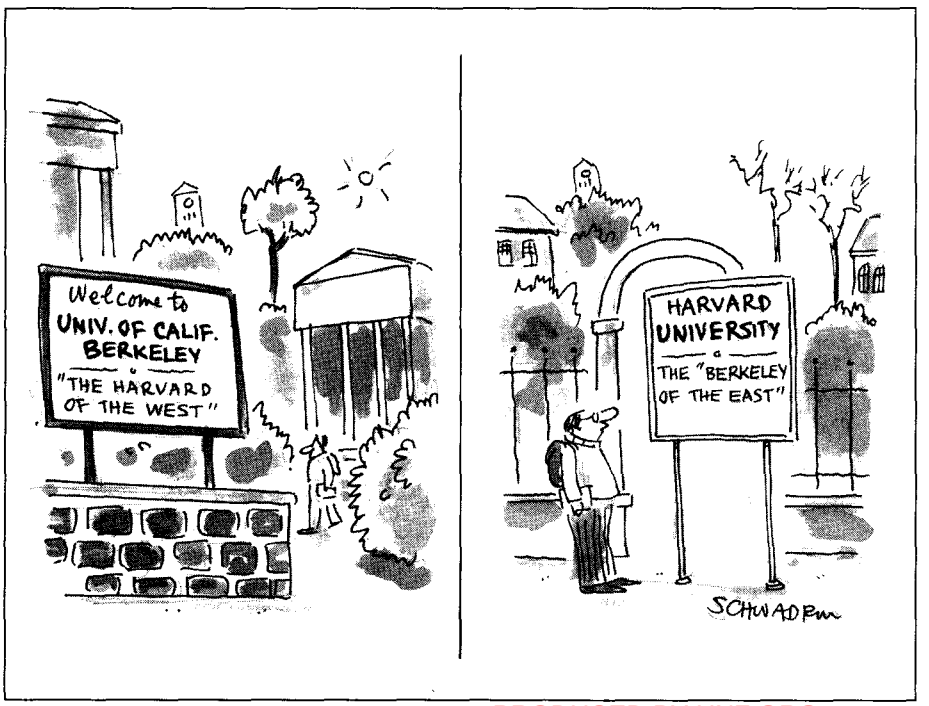
Thank you for a change of pace as far as modern magazines go.

Gloria Camilleri
Dunnellon, Florida

Station Break

We are 40-year retirees from the MKT (Katy) Railroad, and naturally the article "Reviving the Grand Old Stations" (Jan./Feb. '86) "hit the nail on the head" with us. We were in and out of the Saint Louis and Indianapolis stations in the '40s, '50s, and '60s, "bee-hives" in those days in passenger business, and we were so impressed with what those cities have done to bring the old stations back to life in another field of endeavor. Kansas City has a beautiful Union Station, now dormant, built in 1915, which we hope will eventually be saved from the wrecking crew and brought back to life the way they did at Saint Louis and Indianapolis. Time will tell but the quicker the better.

M.A. Hutson
Raytown, Missouri



Spanish Ayes

I'm one of those thousands of American women who have been successfully "wooed" by a handsome Spaniard with a voice like velvet. In fact, I went crazy over him the very first time I laid eyes and ears on him. Of course, we are just finding out what women all over the world have known for the past 15 years of Julio's illustrious career.

As such, I was so thrilled to see his radiant smile on the cover of your prestigious magazine. And to my further delight I found inside several gorgeous pictures of Julio and a well-written, extensive article. We can't thank you enough for presenting this wonderful feature to the American public. Not enough American publications have had the foresight to recognize the appeal and popularity of this talented artist.

You will be happy to know I purchased ten copies of the issue to send to other fans as far away as Japan and Holland. Perhaps this may be a small promotion for your magazine. I have friends in various parts of the country who also adore Julio. Not one of them bought just a single copy. This issue of your magazine will always be one of our prized pieces of Julio memorabilia.

We are so glad he came along to America, and again, thank you for honoring Julio with such a wonderful tribute.

Ms. Christine Maynard
Riviera, Arizona

I am an absolute Julio "nut," and I just loved your article and cover featuring him. He deserves all the praise that can ever be bestowed on him because of all the pleasure he gives through his beautiful and

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

romantic music.

Well-known and much-loved all over the world, he has, in a relatively short time, touched the hearts of the American public. Many thanks to you for seeing fit to print such a worthwhile piece on him. Also, please pass my compliments to the author for writing such an excellent article.

Ms. Elaine Des Camps
Phoenix, Arizona

Bran-new Ideas

My two-year-old has adapted well to a high-fiber diet, so I thought I'd share a few ideas. It is important, first of all, to have a positive attitude about what we are cooking. Children will pick up on that.

Plain, toasted wheat bran is a subtle and versatile way to add fiber to my family's diet. Use it generously whenever you use hamburger. Use it to extend and help thicken sloppy joes, soup, or meat loaf.

Learn to make your own granola. It is very simple and inexpensive, and you can put many kinds of delightful high-fiber things into it. If your children think they don't like granola, use it for a snack food at first. Chances are high that they'll soon enjoy it as a breakfast cereal too.

Leave the peelings on potatoes and other vegetables. If the kids do mind at first, they'll soon get over it, especially if that is their only option.

Avoid giving between-meal snacks. Food always looks better when kids are really hungry. If they must snack, choose wholesome, fiber-filled snacks. You can even feel good about letting them snack on cookies if you eliminate the salt, cut the sugar in half, and add some bran or wheat germ.

Something I remember from my own childhood and find confirmed now that I'm a mother is that, to a child, food always looks tastier on mom's plate. So if you have a new concoction they are likely to reject, give them a little helping of everything but that. Then load up on the new dish and start in. They'll likely be asking for it within a few seconds.

The above suggestions work for my son, but I know some children are more finicky than others. I would encourage young mothers to give it a try. It's rewarding to see a two-year-old munching on a sandwich of whole-wheat bread and alfalfa sprouts, or hear him exclaim while eating lentil soup, "I yike little tiny baby beans!"

Gwendolyn Hertzler
Shedd, Oregon

Miami Nice

Thank you for the short and sweet article about my hometown of Miami. You covered a lot of important points with few words.

When I was a child growing up in Miami, the heat and bugs could make life pretty miserable at times. But now with home spray service, air conditioning, and backyard swimming pools, common options for the average person, life can be wonderful all year around.

I love to travel, but when my plane flies over Biscayne Bay on the return trip, I never cease to thrill that this is my home, Miami! Where else can one swim and watch the roses grow in January?

Darlene Weingarten
Miami, Florida

More and more families are choosing gentle, predictable Feen-a-mint Pills, and Feen-a-mint Gum, for relief of constipation. Gum slowly releases its mild stimulant as you chew, so it goes into your system gradually. And for extra gentleness, Pills combine our effective stimulant with the softening agent doctors recommend most.

Use as directed.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

OAT RECIPE CONTEST WINNER

Since the announcement of our Oat Recipe Contest in the September 1985 issue, our test-kitchen cooks have been preparing oat recipes by the dozens. They've had plenty to choose from, for we received hundreds of entries from oat fans around the country and the world.

As expected, many recipes were variations on traditional oat themes: cookies, muffins, and breads. Oat-pancake and -waffle recipes stacked up pretty high too, yet a number of recipes were exceptional. Oats, as our readers demonstrated, can be adapted with excellent results in soups, salads, potato puffs, stuffings, bisques, meat loafs, stuffed peppers, and many other dishes. They are good combined with ground turkey, baked with chicken, and added to such vegetables as zucchini.

Our judges liked what they tasted and found many of the entries exceptional, but they came to a unanimous conclusion about the best, their choice—the Peanut-Cheese Oat Loaf of Mrs. C. Flohr-Svendsen of São Paulo, Brazil.

Her recipe is a winner for several reasons: It is inexpensive and easy to prepare, and it uses plenty of oats. It is low in fats and high in fiber, and most of all it has a crunchy consistency and flavor that's irresistible. The substitute for meat loaf, delicious served hot, is even palatable cold. It retains its flavor when refrigerated and rewarmed.

Mrs. C. Flohr-Svendsen won our microwave oven prize with a sensational Peanut-Cheese Oat Loaf.

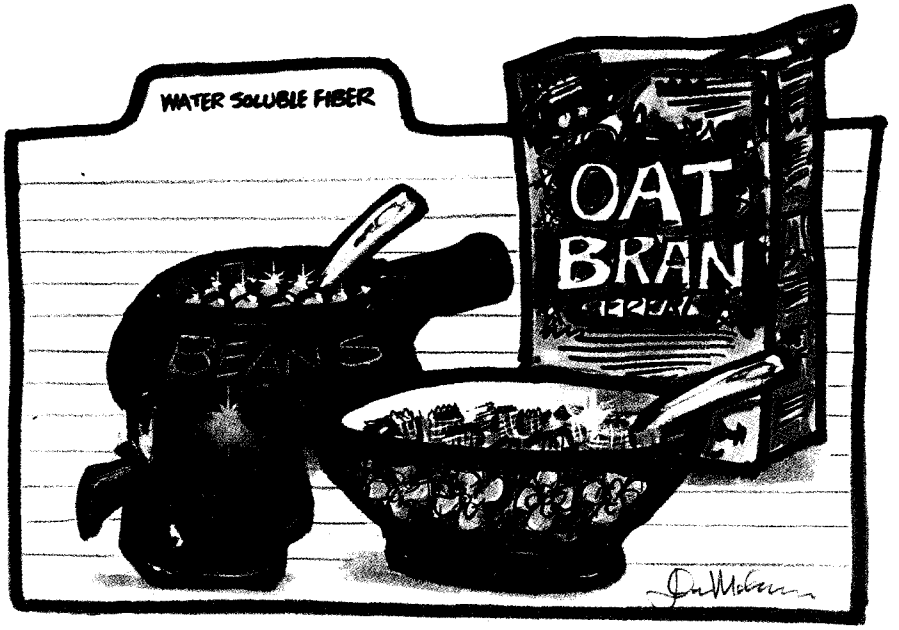
"We love it too," said Mrs. Flohr-Svendsen's daughter Lydia, in a call from Brazil. Our winner, Lilburne Flohr-Svendsen, lives with her husband, a native Brazilian of Danish descent, and their five children, ages 17 to 32, "in the middle of a sugarcane field" on the family's ranch about 316 kilometers from São Paulo, Brazil's largest city.

Mrs. Flohr-Svendsen was born in White Plains, New York, so she already had a repertoire of American as well as Brazilian recipes when she took a trip to Scotland about four years ago and "fell in love with oatmeal." Since then, she has been experimenting with oats and adapting them to Brazilian recipes in place of other ingredients.

"She tries to add roughage to everything; in fact, she tries to add oats to everything," her daughter said. Mrs. Flohr-Svendsen fixes one good protein dish a day, either chicken, fish, beef, or a substitute. "That's usually at dinner, so that's when we get all the new recipes," her daughter told us.

Mrs. Flohr-Svendsen was "flipping with excitement" at having won the *Post*'s contest and had asked that the prize, a Jenn-Air microwave oven, be sent to her father in Conway, New Hampshire. An added note of interest: The Flohr-Svendsens, even in the middle of Brazil, are *Post* subscribers

continued on page 105



Peanut-Cheese Oat Loaf
(Makes 4 servings)

1 cup cooked oatmeal
¼ cup finely chopped green pepper
3 tablespoons finely chopped onion
1 teaspoon salt substitute, if desired
2 tablespoons lemon juice
½ teaspoon Worcestershire sauce, if desired
1½ cups chopped peanuts
1 cup fine dry bread or cracker crumbs
1½ cups (about 6 oz.) grated cheese
¼ cup egg substitute or *1 egg*
½ cup milk

Combine all ingredients. Bake in a greased loaf pan at 350° F. (moderate oven) for about 1 hour. Serve hot with mushroom or tomato sauce.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The best tasting bran flake has done more than just change its name.

Now it's highest in fiber and natural too. Introducing Post® Natural Bran Flakes.

Being the best tasting bran flake didn't stop us from trying to give you more.

Like more fiber. So now you can enjoy the highest fiber bran flake.

Plus more crunch. Because when we bake this whole grain goodness into every flake, our bran flakes are the crispiest.*

And since we add no preservatives, we wanted you to know we're natural just by looking at our box.

New Post® Natural Bran Flakes. Remember, we've done more than just change our name—now we're the best tasting, highest fiber bran flake.

GENERAL FOODS

*Tested against a leading brand.

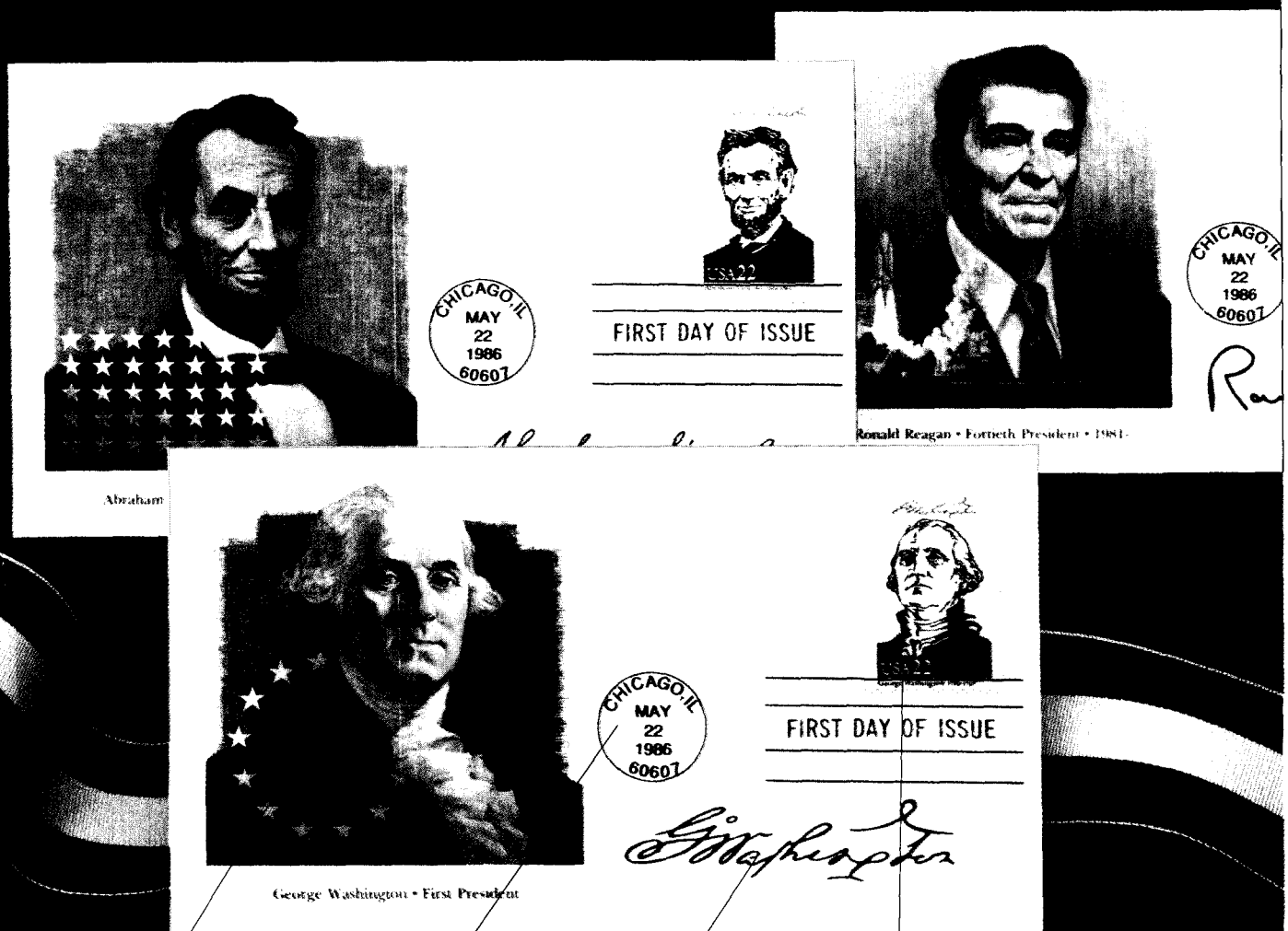
©1985 General Foods Corporation. Post is a registered trademark of General Foods Corporation.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Announcing The Official Collection of

The Presidents of the United States

authorized by The White House Historical Association
Featuring First Editions of America's most complete set of Presidents stamps.



The cachets honor every U. S. President and are new portraits by American artist David K. Stone.

The First Day of Issue postmark records the date and place of the First Day of Issue ceremonies and certifies the stamp's limited edition status.

The firm and resolute signature of each President is reproduced on each First Day Cover.

Each official U.S. commemorative stamp pays tribute to the American Presidents.

Stirring words of each President will appear on the reverse of the Covers.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Advance Subscription Deadline: May 22, 1986

"Ask not what your country can do for you — ask what you can do for your country."

John F. Kennedy

"Speak softly and carry a big stick."

Theodore Roosevelt

From the time of George Washington, the inspiring words of America's Presidents — which echo across the years — have stirred the hearts and called forth the best of the American spirit.

Thus, it is fitting that The White House Historical Association — dedicated to preserving the history of the Presidency for all Americans — has officially authorized Fleetwood to issue a landmark First Day Cover collection of the most complete set of U.S. postage stamps *ever* to honor America's Presidents.

Rich in design and comprehensive in scope, the Official First Day Cover collection of *The Presidents of the United States* will include forty First Day Covers — one for every President from George Washington to Ronald Reagan . . . and one for the White House itself.

The collection will feature thirty-six new stamps which the United States will issue on May 22, 1986: thirty-five stamps individually portraying all except the living Presidents, plus one stamp for the White House. The First Day Covers for President Reagan and America's living former Presidents will bear stamps selected from the new set of stamps, since no American stamp may by law portray a living person.

America's first Presidents stamps in nearly fifty years

Significantly, these are the *first* United States stamps to honor all our Presidents in nearly fifty years. And, unlike the 1938 series of which *hundreds* of millions were issued, only 5-million sets of the 1986 issues will be printed. But, only a *fraction will be issued on First Day Covers,* their First Editions. Thus, the new Presidents stamps are destined to command unprecedented interest for years *and decades* to come. Both among collectors and among millions of Americans who deeply admire *The Presidents of the United States* and the proud heritage they represent.

First Editions of the new stamps, the First Day Covers, will receive the important First Day of Issue postmark — recording the date and place of the stamps' First Day of Issue and certifying the Covers as a limited edition which can never be issued again. Thus, the opportunity to obtain First Day Covers of the new Presidents stamps conveniently, and at original issue prices, as it was once possible to do for the now costly 1938 series, is important, indeed.

New Presidential portraits

To ensure that *The Presidents of the United States* will be an artistic tribute worthy of the stamps themselves, renowned portraitist and stamp designer David K. Stone was commissioned for the First Day Covers.

Inspired by the more than two hundred year history of the Presidency, Stone broke new ground in portraying the determination and vision of each President, creating striking portraits rich in detail and symbolism . . .

. . . John F. Kennedy with the Peace Corps he sponsored. Thomas Jefferson with the Louisiana Purchase he acquired for America. Harry Truman with the United Nations he helped found. And every other American President. Of special interest, the firm signature of each honored President will be reproduced on each First Day Cover.

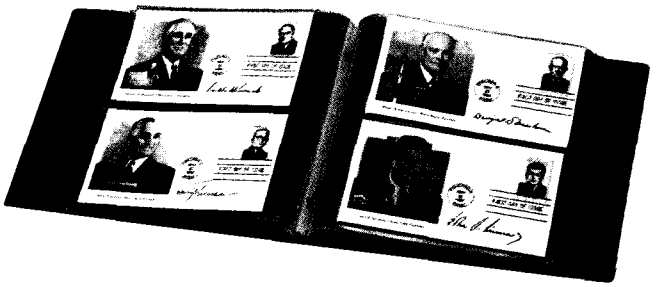
Conveniently available at modest cost

The Presidents of the United States First Day Covers will be issued only once and only as a complete collection. The original issue price is modest indeed, just $2.75 per First Day Cover. A deluxe Collector's Album is included without additional charge.

To reserve your First Day Covers, simply enclose a deposit of $18.75 with your application and you will be billed the balance in five equal monthly payments of $18.25 each. And, if you use your credit card, you may order by Toll Free telephone and need send no money now. Shipment will be made eight to ten weeks after the First Day of Issue.

Don't miss this important opportunity. Please mail or telephone your order by the Advance Deadline of May 22, 1985 to Fleetwood, One Unicover Center, Cheyenne, Wyoming 82008-0001 — which has been authorized to produce the Covers and to process and ship all orders.

©1986 Fleetwood



A Deluxe Collector's Album to protect and display the First Day Covers is included at no additional cost.

SUBSCRIPTION APPLICATION

The Presidents of the United States

First Day Covers

To be postmarked no later than May 22, 1986

Fleetwood
Cheyenne, Wyoming 82008-0001

Please accept my order for the Official Collection of *The Presidents of the United States* First Day Covers — as authorized by The White House Historical Association, as described.

For immediate acceptance, use your Credit Card and order by TOLL FREE telephone:
1-800-443-3232 in the continental United States;
1-800-421-1689 in Alaska and Hawaii;
1-800-821-9753 in Canada.
When calling, please mention this code: **30BV: DZ01**

Established 1929, Fleetwood® is recognized as America's foremost purveyor of philatelic commemoratives. A division of Unicover Corporation, it is not affiliated with the United States Postal Service.

I prefer to pay as follows:

☐ **DIRECTLY.** I enclose $18.75 as a deposit. Please bill me for the balance in five equal monthly payments of $18.25 each.

☐ **BY CREDIT CARD.** Please charge my $18.75 deposit to my credit card indicated below. Then, charge my account for the balance in five equal monthly installments of $18.25 each.

☐ MasterCard ☐ American Express
☐ Visa ☐ Diners Club

Card No._____ Expires _____

Signature _____
All Applications subject to acceptance by Fleetwood

Name _____

Address _____

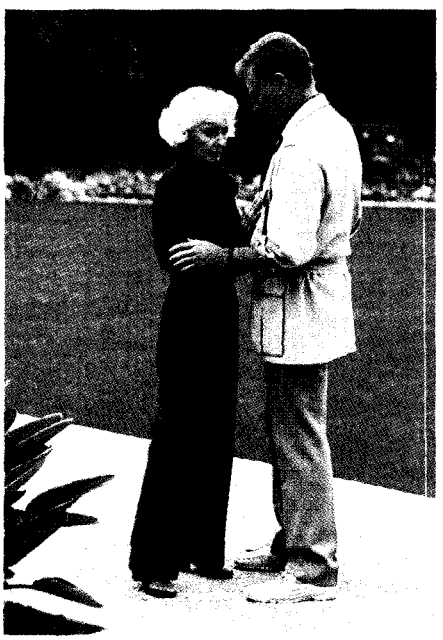
City _____

State _____ Zip_____

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Post People

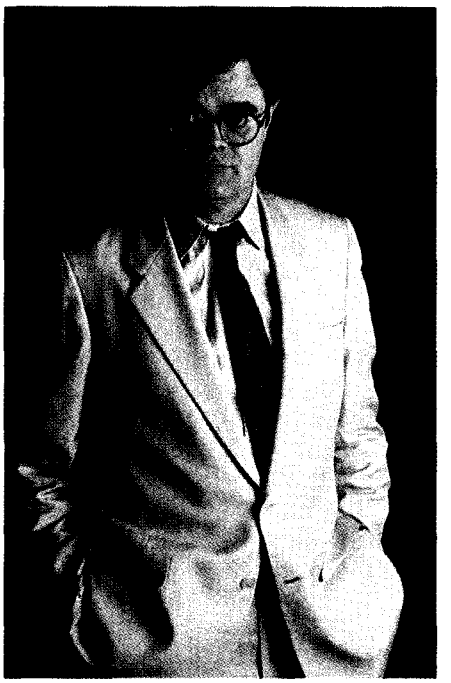
How he would have loved to dandle the great-grandchildren he never knew. And how they would have gone for the slogan "We like Ike." First, of course, introductions would be in order. From the left, it's ***Alex, Melanie,*** and ***Jennie***. And your great-grandfather, kids—our 34th president, Dwight David Eisenhower.



Although the new TV series "Dynasty II: The Colbys" needs an Alistair Cooke to explain who is what to whom, viewers do not need identification of the two dominating characters. For the sister-brother roles of Connie and Jason Colby, ABC had the good judgment to cast two of Hollywood's most respected talents—***Barbara Stanwyck*** and ***Charlton Heston***. Fans agree that it has taken too many years for *The Lady Eve* and *Ben Hur* to share the same cameras.

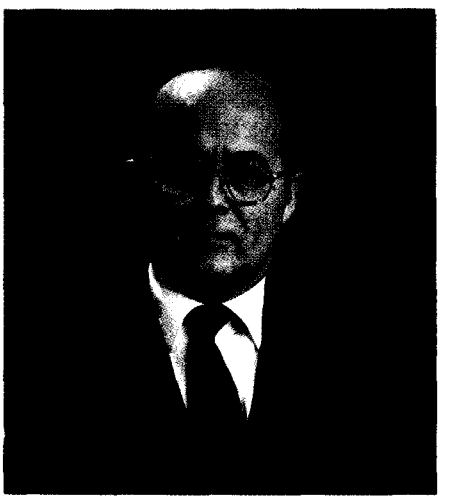
Without debate, the United States Senate lopsidedly voted 93-2 to confirm the nomination of ***Otis R. Bowen, M.D.,*** to head the government's largest civilian agency, the Department of Health and Human Services. Why the negative votes for this popular two-term governor of Indiana? One senator explained that the confirmation had come too hastily. The other objection, from a senator representing a major tobacco-raising state, was influenced by Dr. Bowen's statement during the hearing: "As a physician, I do believe that tobacco is a health hazard."

The only road leading to Lake Wobegon, Minnesota, runs through the rampant imagination of ***Garrison Keillor***. Yet to some 2 million listeners of his "A Prairie Home Companion," aired by 235 stations of Amer-



ican Public Radio, this fictitious little burg (pop. 925) is so real that listeners write for the nonexistent products in Keillor's "commercials."

The Changing of the Guard, a tradition not exclusively England's, is occurring for the fourth time in President Reagan's administration, with



the appointment of Vice Admiral ***John M. Poindexter*** to replace Robert C. McFarlane as the White House national-security adviser.

Poindexter is described by White House officials as smart, hard-working, and low-key.

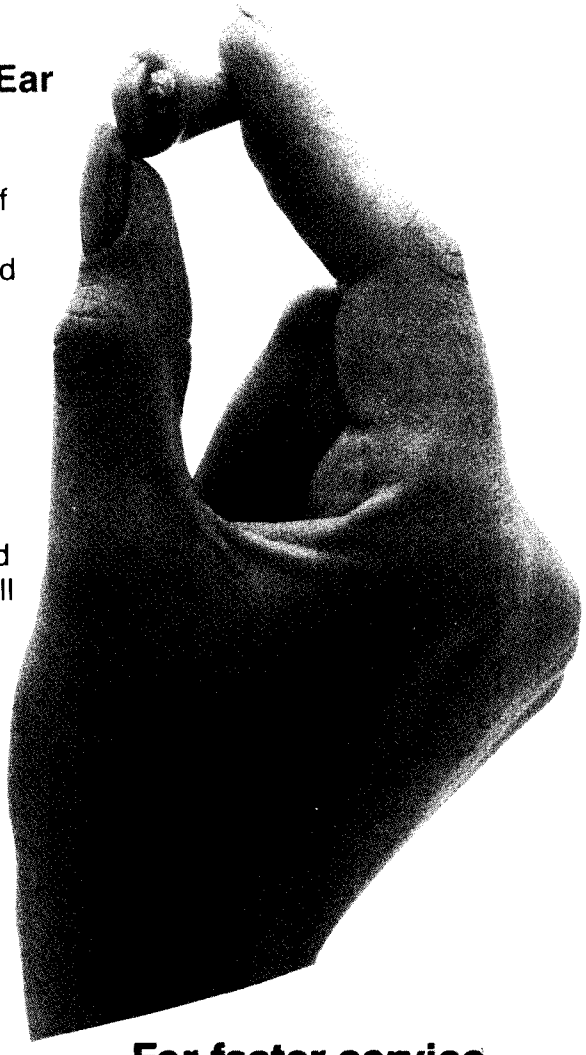
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

hearing help for

Nerve Deafness

If you hear, but don't always understand the words, Miracle-Ear may be your answer.

Miracle-Ear can help many people overcome problems like hearing only parts of words. . . straining to hear. . . asking others to repeat. . . or becoming confused when spoken to. These are classic symptoms of nerve deafness.

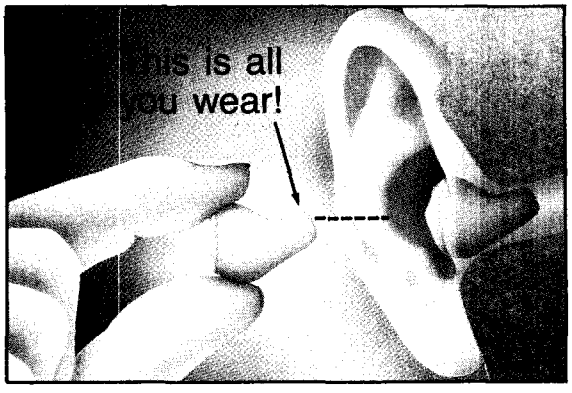


If you've been told a hearing aid won't help, now there's Miracle-Ear.

Miracle-Ear canal aid is a comfortable "custom-fit" hearing instrument designed to help nerve deafness. Notice how small it is compared to other hearing aids you may have seen; it is so small, almost unnoticeable.

Find out if Miracle-Ear is right for you.

Of course, not everyone can be helped with a hearing aid, but many can. To learn more about Miracle-Ear, complete the postage paid card and mail today.



For faster service, call toll-free:

1-800-245-HEAR

(In Nebraska and Alaska call 1-800-228-8500.)

Miracle-Ear®

© 1985, Dahlberg, Inc. Miracle-Ear is a registered trademark of Dahlberg, Inc.
The Miracle-Ear symbol is a trademark of Dahlberg, Inc. SE-234

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

SPEAKING OUT

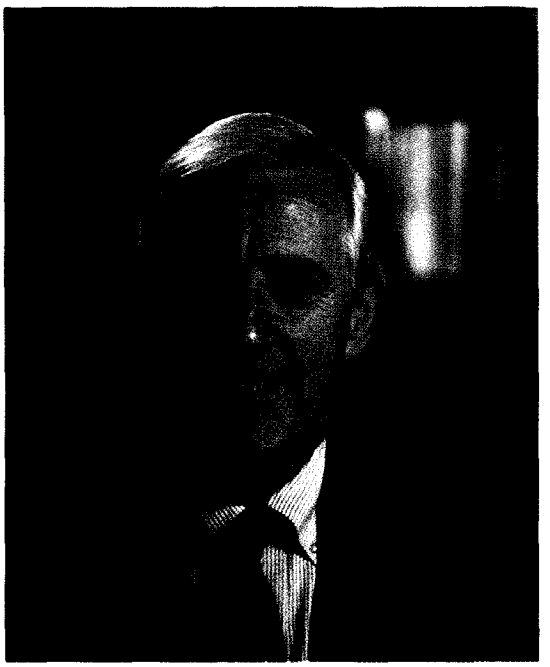
KEY TO GREATNESS

People everywhere are searching for that "thing" called leadership—it can be found in a few ancient words.

by Bob Slosser

As I watch people devour such best-sellers as *In Search of Excellence*, *Megatrends*, and *Iacocca*, and as I listen to them talk at conference tables and in hallways during seminars, I'm struck by a universal awareness of the possibilities of greatness—for an individual, for a family, for a company, for a region, or for a nation. People yearn to help lead their various groups—their associations—to greatness.

Americans sense that there's something "out there"—some way to greatness, or success, or fulfillment—if we could only find it. We suspect it's bound up in something quite intangible called "leadership" that we try very hard to convert to a tangible. We look at this model and that model; we dissect companies and cultures; we fret about the Japanese. We can almost see "it"—but not quite.



Bob Slosser, former *New York Times* editor and author of many books about the American scene, is president of CBN University, Virginia Beach, Virginia.

Our country is aware that Ronald Reagan, a rather ordinary man in many ways, has given us several glimpses of that intangible quality during the past five years. But we are conscious of few others, in this country or in any other, who manifest genuine leadership: effective managers, hard-charging entrepreneurs, dazzling creative geniuses—but too few true leaders. To say that we may be in a leadership crisis is not exaggerating.

Leadership not only commands authority or influence, it creates voluntary followers, and arouses and moves them toward greatness. In its pure state it does not push; it pulls by sheer moral or spiritual authority—by simple presence.

How does this leadership, this greatness, come about? How does it actually work?

I've determined that the best clue, as with much ordinary, workaday life, is found in the Bible. We don't have to "get religion" to learn from it: The clue is found in Jesus' remarks to a few of his disciples after they argued about which of them was "the greatest."

"The kings of the Gentiles lord it over them," he said, "and those in authority over them are called benefactors. But not so with you; rather let the greatest among you become as the youngest, and *the leader as one who serves.*" [Luke 22:25-26]

He, the one considered by Christians to be the Lord of all Creation, capped the statement: "I am among you as one who serves." He saw the main ingredient as the willingness to serve rather than be served.

What are we to think in these waning years of the 20th century, when indeed we are hurting desperately for greatness? That particular teaching clearly states: If you want to lead, you must serve. The one who serves will become the leader. In other words, if you wish to be truly great, become a servant.

But this teaching goes against the grain. We have been taught just the opposite. Servants everywhere are striving to escape servanthood so they can have their own servants. Workers strive to escape any image of servanthood. Think of labor-management relations: A manager has no desire to be a servant of the labor ranks; he can barely utter the words, even in a hypothetical discussion. And no blue-collar worker wants to be reminded that he's a servant of management. He may punch you in the nose if you even mention the idea.

The desire to be other than a servant extends beyond the industrial arena, however. A politician may smile modestly when someone refers to him as a "public servant," but deep down he probably doesn't mean it, preferring instead the notion of celebrity and actually expecting everyone to serve him. Many ministers of the church, especially in our day of television and publishing celebrity, prefer the spotlight of fame and public recognition to that of "servant of the flock."

Take a moment to lump the proposition "leading by serving" with another idea tucked in with those words of Jesus: ". . .let him who is greatest among you become as the youngest." What does that mean? Most of us know from firsthand experience that little children's behavior can often be very trying. But we also know that under normal circumstances, they have three predominant qualities: trust, open-mindedness, and humility. Quite simply, children love life—they're free, innocent, transparent, and genuine—until society teaches them otherwise. If we combine

continued on page 98

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Whirlpool
Home Appliances

TimeMaster microwave ovens. Because we know the value of your time.

Some days it seems like you don't have a minute to spare, much less time to cook. That's why the Whirlpool® TimeMaster™ microwave ovens help get your meals done fast, so you can move on to more important things.

Our Quick Defrost is quicker on the thaw.

Our Quick Defrost cycle thaws frozen foods 40% faster than our standard defrost cycle. So your meal is on the table faster than ever. And our Keep Warm setting works without a temperature probe, so it's easy to keep your food ready until you're ready to eat.

No-fuss microwave cooking.

Our models with touch controls put a variety of features right at your fingertips. So you can program your microwave oven ahead of time to cook an entire meal. Or, change the cooking power, defrosting and cooking time, or even add cooking cycles, without starting over.

With our Balanced Wave cooking system your food will cook evenly without constant rotation. For once, good cooking doesn't take a lot of effort.

TimeMaster microwave ovens are space-savers, too.

Our microwave ovens come in a full range of sizes, with installation options to fit easily into any kitchen. There are models that fit above your range or under a cabinet. And compact models that take only a minimum of your counter space. Whatever your needs, Whirlpool has the model for you.

A promise of quality that we stand behind.

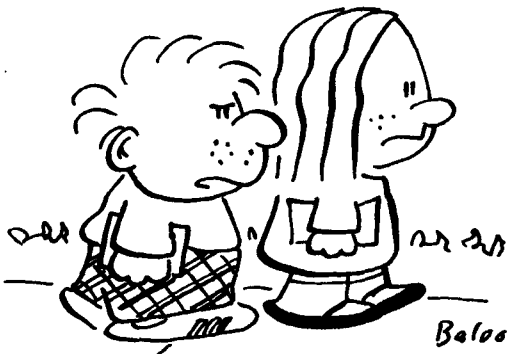
Every Whirlpool appliance is backed by our promise of good, honest quality. It's a promise we've kept for 75 years, and we support it with programs like our toll-free, 24-hour Cool-Line® telephone service* to help you with problems or questions. It's just one more way we can make your world a little easier.

*Call 800-253-1301. In Alaska and Hawaii, 800-253-1121. In Michigan, 800-632-2243.

Making your world a little easier.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

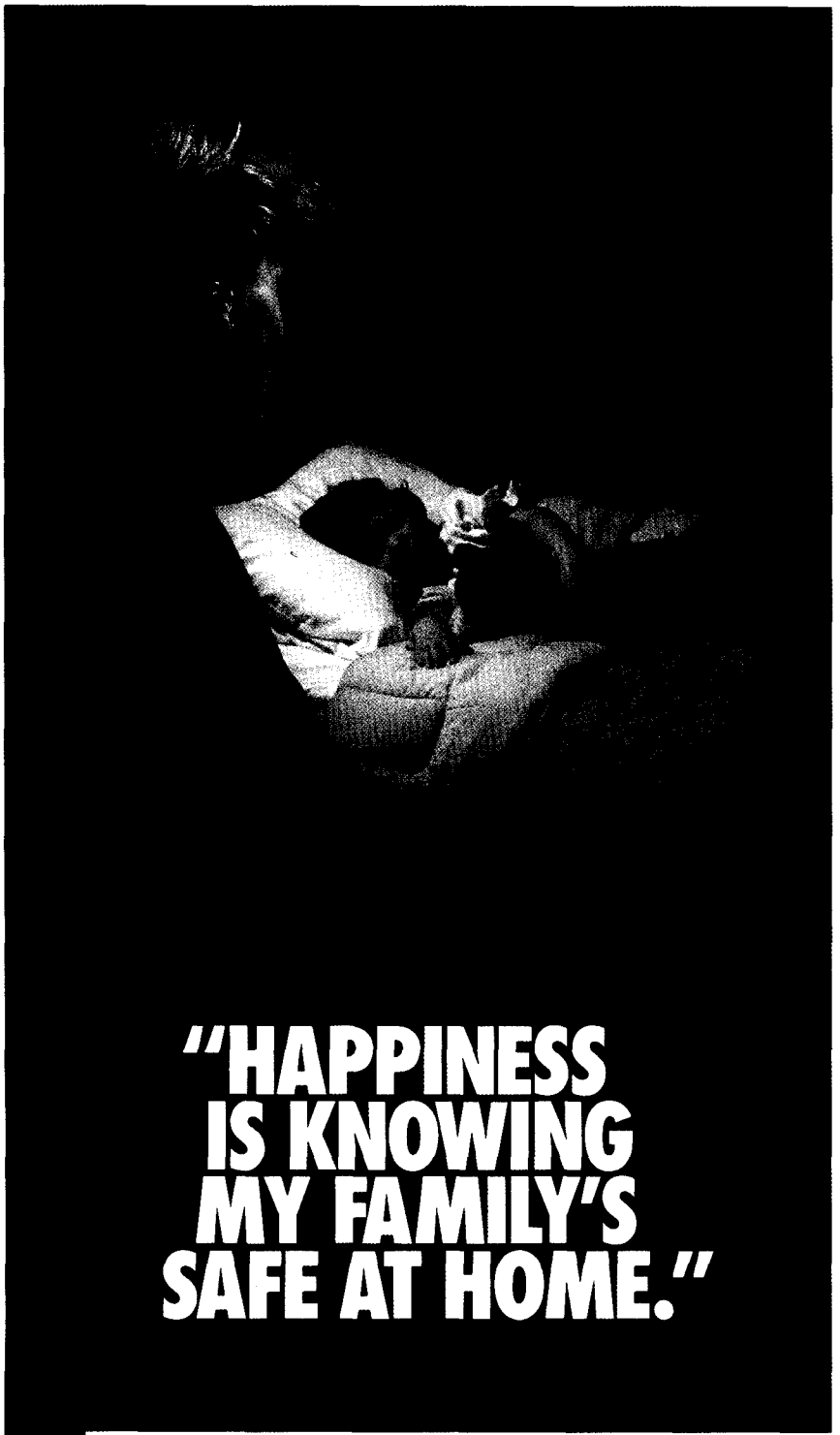
SAVING GRACE



"Of course they don't allow prayer in school—it's the one thing I'm good at!"

"Is it okay for me to pray if I go out in the hall?"

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



"HAPPINESS IS KNOWING MY FAMILY'S SAFE AT HOME."

"At the end of the day, it's great to feel secure. I know our AMGARD® Perimeter Alarm II is standing guard."

MORE THAN AN ALARM

AMGARD Perimeter Alarm II not only sounds an alarm if anyone trys to break in, it also tells you which remote window or door unit triggered the alarm. It will also alert you if a remote unit fails.

AUTOMATICALLY CALLS FOR HELP

An optional dialer alerts a monitoring service that calls the police, fire department, neighbors or medical help.

FREE REPLACEMENT FOR 5 YEARS

The AMGARD Perimeter Alarm II is so well made that Amway guarantees to repair or replace any unit that fails during the first five years after installation.

FINGERTIP REMOTE CONTROL

The AMGARD remote control unit allows you to turn your Perimeter Alarm II on or off within 100 feet of the master control unit. With optional modules, you can also turn house lights on and off.

To find a distributor, dial toll-free 1-800-253-4463. In Michigan, dial 1-800-632-8723.

In Hawaii and Alaska, please write.

Amway®
WE DELIVER THE BEST

FREE AMGARD SECURITY PLANNING GUIDE

TO: AMGARD Security Offer
Amway Corporation-33A-2J, Ada, MI 49355

Please rush the free AMGARD Security Planning Guide to:

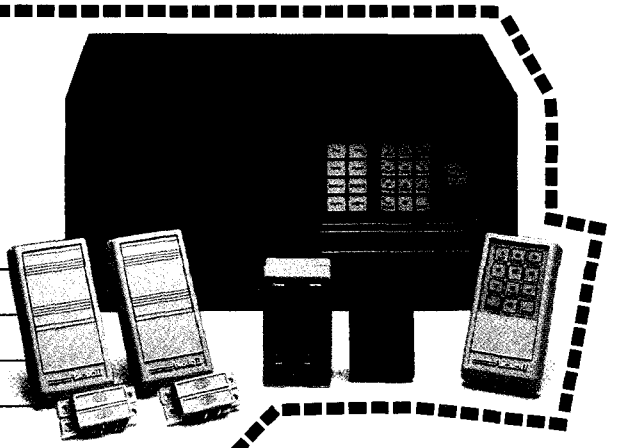
Name _____
(No initials please)

Street _____

City _____

State _____ Zip _____ Phone _____

© Copyright Amway Corporation, U.S.A. 1985. All Rights Reserved. PAS - SP



PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

GREAT SEAFOOD FOR LENT

There's no catch to preparing seafood to the gourmet's taste—if you know your fish before closing the oven door.

by Jacquelyn R. Nyenhuis

In the cooking of fish and seafood, only one degree of doneness will do; not rare, not medium, not well, but simply. . .just right. Is that too much to ask? Not for the most finicky bunch of diners in the world—seafood lovers. After all, no one has to be a card-carrying gourmet to know that fish should be neither too moist nor too dry, or that shrimp, crab, and lobster should be tender, not raw or rubbery.

Microwave cooking is no guarantee that you will achieve the perfect dish, although most veteran microwave cooks agree that those ovens have a way with seafood and fish. The quick, moist cooking of a microwave is appropriate for such delicate foods, which tend to dry out or to toughen if overcooked.

Shrimp-and-Pasta Florentine is only one of many shrimply delicious seafood recipes you can make in the microwave.

But microwaving seafood involves more than just setting the fish in a dish, closing the door, and punching a button. Such lean varieties as cod, red snapper, sea bass, and catfish need an extra buffer to hold in their moisture—a coating, basting, or some kind of sauce. Fattier fish, such as trout, eel, herring, mackerel, tuna, and salmon, may be microwaved without extra basting or sauce.

Fish can be steamed, poached, or given a tasty crust effect in a microwave oven. For steaming, cover the cooking dish with plastic wrap or wax paper. For poaching, add water and cover before microwaving. If a crust is desired, cover the fish with a paper towel or leave it uncovered.

As in conventional preparation, fish should not be overcooked. A good rule of thumb is 3½ to 4 minutes per pound. Test doneness by twisting a fork in the thickest portion after the fish has turned opaque.

Soft-textured fish, such as perch, are best in recipes in which the sauce is poured over the fish. More firm-textured fish, such as torsk, snapper, and halibut, are preferred in seafood soups or other dishes that require stirring. Softer fish may become mushy.

The following recipes are delicious examples of microwave soups and entrées that should appeal to the most finicky fans of fish and seafood.

Shrimp-and-Pasta Florentine

(Makes 4 servings)

4 cups water
8 ounces uncooked spaghetti
1 tablespoon olive or vegetable oil
1 teaspoon salt substitute
1 tablespoon olive or vegetable oil
2 cloves garlic, minced
¾ teaspoon dried basil leaves
1 package (10 oz.) frozen spinach
½ cup ricotta cheese
2 tablespoons pine nuts or slivered almonds
1 tablespoon grated Parmesan cheese
½ teaspoon salt substitute
½ teaspoon pepper
12 ounces peeled, deveined shrimp
1 cup chopped tomato

Microwave water in 4-cup glass measure at High (70 percent) until boiling. Arrange spaghetti in 12"x8" microwave baking dish; sprinkle with 1 tablespoon oil and 1 teaspoon salt substitute. Pour boiling water over spaghetti; cover with Glad® Microwave Wrap and vent one edge. Microwave at High until spaghetti is *al dente* (8-10 minutes); stir twice. Drain.

Microwave 1 tablespoon oil, garlic, and basil in 1½-quart microwave casserole, uncovered, at High 30 seconds. Add spinach; cover casserole with microwave wrap and vent one edge. Microwave at High until spinach is thawed (4 to 6 minutes); stir and break up spinach after 3 minutes. Stir in ricotta cheese, nuts, Parmesan cheese, salt substitute, and pepper; spoon over spaghetti in 12"x8" microwave baking dish. Microwave, loosely covered with wrap, at High until heated through (2 to 3 minutes). Arrange shrimp on top; microwave, loosely covered with wrap, at High until shrimp are pink, 3 to 5 minutes.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

(Do not overcook!) Garnish with chopped tomato.

Baked-Fish Primavera
(Makes 4 servings)

2 tablespoons margarine
⅔ cup thinly sliced onion
1 medium carrot, cut into julienne pieces
⅓ cup thinly sliced celery
1 teaspoon soy sauce
¼ teaspoon dried tarragon leaves
½ cup sliced mushrooms
1 ounce snow peas, diagonally sliced into ½-inch pieces (½ cup)
1 whole red snapper (or a white-fleshed fish), cleaned, scaled (1¼ to 1½ pounds)
Salt substitute
Pepper

Place margarine and onion in 1½-quart microwave casserole dish; cover with microwave wrap and vent 1 edge. Microwave until margarine is melted and bubbly, about 1½ minutes. Stir in carrots, celery, soy sauce, and tarragon; microwave, covered, at High until carrots are crisp-tender, about 3 minutes. Stir in mushrooms and snow peas; let stand, covered with microwave wrap, while preparing fish.

Sprinkle inside of fish lightly with salt substitute and pepper. Lay fish on two 8"x2" strips of microwave wrap and place in 12"x8" microwave baking dish; cover and vent one edge. Microwave at High 6 minutes; using the 2 strips of microwave wrap, turn fish over. Spoon vegetables over fish; microwave, covered, at High until the fish is tender and flakes with a fork, 2 to 3 minutes. Let stand, loosely covered with wrap, 3 minutes. Using the 2 strips of microwave wrap, transfer to serving platter.

Court Bouillon
(Makes 5 to 6 servings)

This delectable stew features chunks of red snapper or other favorite fillets.

¼ cup chopped leeks
1 clove garlic, minced
1 teaspoon water
1 can (28 oz.) whole tomatoes, undrained
1 bay leaf
1 teaspoon instant chicken bouillon
½ teaspoon salt substitute
½ teaspoon thyme leaves
¼ teaspoon Tabasco sauce
1 pound fish fillets
3 tablespoons snipped watercress or parsley
3 lemon slices

Microwave at High (100 percent) leeks, garlic, and water in a 2-quart casserole for 2 to 3 minutes or until tender. Stir in tomatoes, bay leaf, bouillon, salt substitute, thyme, and Tabasco sauce.

Microwave at High 10-12 minutes or until steaming hot. Cut fillets in large chunks; add to tomato mixture.

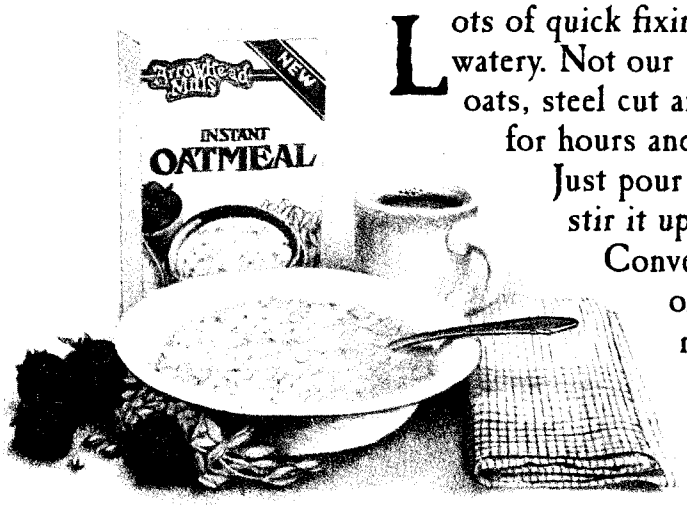
Microwave at High 7-7½ minutes or until fish flakes easily; stir once during cooking. Remove bay leaf and garnish with watercress and lemon.

Fillets Almondine
(Makes 4 servings)

½ cup sliced almonds
½ teaspoon margarine
1 pound fish fillets
1 tablespoon lemon
¼ cup toasted wheat germ
2 tablespoons Parmesan cheese
¼ teaspoon salt substitute

continued on page 99

AT LAST, REAL
OLD FASHIONED OATMEAL



Lots of quick fixin' breakfasts are simply too weak and watery. Not our Instant Oatmeal. We use real farm fresh oats, steel cut and rolled into big thick flakes, tempered for hours and steamed too, the old traditional way. Just pour a packet into a bowl, add boiling water, stir it up quick, eat and enjoy!

Convenience without compromise. Now real old fashioned tasting oatmeal that you make perfect in minutes. Arrowhead Mills New Instant Oatmeal.

Arrowhead Mills®

IN AN INSTANT

Arrowhead Mills, Inc., Box 2059, Hereford, TX 79045 (806) 364-0730

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A free bag of
whole-grain

New hulless, high-in-lysine barley in the kitchen, *The Saturday Evening Post* on the coffee table. It's the perfect combination for good health and wholesome reading. And the bag of hulless barley is yours FREE just for bringing the *Post* to your family mailbox.

The *Post* you already know—you may have *thought* you knew barley. But now, from the research facilities of Montana State University has come a revolutionary hulless variety. This exciting barley makes the entire grain edible and far more nutritious than the usual "pearled" barley, which has many of its nutrients destroyed in the process of removing the inedible husks.

While studying hulless barley in Montana, Drs. Rosemary and Walter Newman discovered that chickens eating barley didn't gain weight as well. University of Wisconsin researchers also found that barley suppressed weight gain in chickens. Barley alters the fat metabolism. If it works for chickens, it just might work for people—we hope! Might we eat our way to a weight loss by adding barley to the diet?

There is excellent rationale for believing that barley will have good cholesterol-lowering capabilities in humans.

Nutritionist Dr. Rosemary Newman was introduced to hulless barley by her husband, Professor Walter Newman of Montana State University. They have pioneered in animal experiments that point to possibilities of human weight loss and lower cholesterol with barley consumption.

It's fun to make Swedish flat bread with hulless barley developed at Montana State University. We call them barley buns.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

ew high-lysine lless barley...

Can't wait to get started on both—the wholesome *Post* and your bonus bag of hulless barley?

It's up to you to start them both on the way. Just fill out and mail in the card or coupon. We'll take it from there.

On a cold day Dr. Newman's hulless barley and mushroom soup with chives made a big hit with *Post* editors and tasters.

If you're interested in lowering your cholesterol level, ask your doctor to test your cholesterol now...then eat a high-in-barley diet for 60 days. Then test your cholesterol again. If large numbers of you show a substantial lowering in cholesterol, you will give medical researchers incentive to study barley more seriously.

And weigh in before you start eating barley. Please let us know if you lose weight while on the high-in-barley diet.

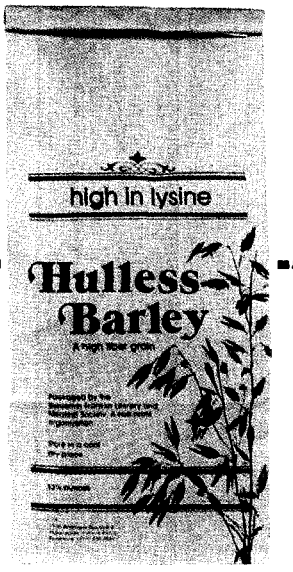
Dr. Newman has made it easy for you to follow her delicious gourmet recipes involving hulless barley. We've tried them all in the *Post* test kitchens and can vouch for her culinary skills.

Dr. Newman keeps hulless boiled barley in the refrigerator to toss into salads, casseroles, and stir-fry vegetables and for soup thickening.

We like to boil the hulless barley the night before, leave it to soak up moisture overnight, and add it to oatmeal or cold cereal the next morning. It has a marvelous chewy texture.

Breads made from combinations of hulless barley and wheat have up to 90 percent higher lysine than breads made with wheat only.

We tried Dr. Newman's gourmet hulless barley cuisine, which includes these delectable



The Saturday Evening Post Society

P.O. Box 10675 • Des Moines, IA 50336

FREE bag of high-lysine, hulless whole-grain barley with paid subscription or renewal.

☐ **MasterCard** ☐ **Bill me later** ☐ **VISA**

☐ **1 year** *(9 issues)*—**$12.97**
☐ **2 years** *(18 issues)*—**$23.97**
☐ **3 years** *(27 issues)*—**$32.97**

☐ **Payment enclosed**

Card # _____ Exp. date _____

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

VETS ON PETS

WATCHING YOUR DOG'S WEIGHT

Your dog won't be tagged a "fatso" if you follow these tips for keeping him slim and trim.

by H. Ellen White, D.V.M.

Serving as a judge at a children's pet show, I once had the duty of granting a pudgy cocker spaniel the "fattest dog" award. Although its young owner was pleased, I felt the award was a dubious honor, for obesity, the most common nutritional disease of dogs, can lead to heart, lung, kidney, and liver diseases, as well as to diabetes. Fat dogs have lower resistance to disease, increased surgical risk, and decreased reproduction; they are also prone to whelping problems, joint ailments, constipation, and flatulence.

An animal 10 to 15 percent above desirable weight is considered obese or overweight; an estimated 25 to 44 percent of dogs are in that category. Obesity, more common in females than in males, occurs most frequently in neutered animals of both sexes. Beagles, cocker spaniels, collies, dachshunds, and Labrador retrievers seem to win the fattest dog "honors" most often.

Free-choice feeding of high-fat foods may lead to skeletal problems in growing dogs and to obesity in adults.

Overweight occurs gradually; it may not be noticed immediately. To find out if your dog is too fat, check weight records with your veterinarian. (Dogs generally reach their desirable weight within the first year after maturity.) Or use the simple if less accurate method of feeling the dog's ribs, which ideally have a moderately thin layer of fat. If you cannot easily feel your dog's ribs, the animal is probably overweight. Other signs include a protruding stomach, waddling, sluggishness, and fatty areas, or "pones," on either side of the tail or the head or above the hips.

Overfeeding is the most frequent cause of dog obesity. Humans have a tendency to overindulge their pets, but they are doing the animals no favor. In neutered pets obesity or overweight may result either from decreased sexual activity or from a reaction to decreased sex hormones, which may depress food intake in non-neutered animals, according to some studies. Nonetheless, I would be the last to condemn neutering; a neutered animal should simply be fed less and exercised more.

Two brisk 15-minute walks daily will use one-sixth of a 30-pound dog's energy need. If your animal is grossly overweight or has heart, respiratory, or joint problems, you should have it examined by a veterinarian before beginning an exercise program.

A high-fiber, low-fat diet will help your dog lose weight. The diet should provide 60 percent of the dog's caloric requirement at its desirable weight—for example, 420 calories per day, divided into three or four small servings, for a dog that normally requires 720 calories a day at 20 pounds. Your veterinarian can provide a prescription diet proper for your dog.

For a homemade diet, try ¼ pound lean ground beef, ½ cup cottage cheese (uncreamed), 2 cups carrots, canned solids, 1½ teaspoons dicalcium phosphate, a balanced canine vitamin, and a mineral supplement. Cook the beef, drain off the fat, and cool. Add the remaining ingredients and mix. The yield is 1¾ pounds at 250 calories per pound.* And be sure to keep your dog out of the room while you are preparing and eating your own meals.

After the dog has reached desirable weight, return to feeding it the correct number of calories to maintain that weight. Weigh the animal weekly. Your dog may not like going on a diet any more than you do, and he won't win the "fat-dog award," but he will be healthier as a result.

**Small Animal Clinical Nutrition*, Lon D. Lewis and Mark L. Morris, Jr.

Questions for the Vet

Dear Dr. White:

Can cats transmit leukemia to humans? Last winter an article I read in *Family Circle* said there is no evidence this can be done. Our veterinarian said he also knew of no such evidence. Today at work I heard a lady say her cat may have leukemia; her husband told her he heard humans

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

can get it from cats. Everyone is paranoid now with all the flap about AIDS—do we also have to worry about getting leukemia from our cats?

Thank you for the information about ash content in cat food several issues back. I had no idea you had to read labels on cat-food cans also, but I'm sure my kitty benefits greatly from my being an informed shopper.

Marjorie Delp
Wapato, Washington

Dear Marjorie,

The new feline-leukemia vaccine for cats is one of the good-news items in the area of pet health care. A virus has been incriminated as the agent causing the disease. Studies have found no increased incidence of human leukemia in people at greatest risk, such as veterinarians and owners of infected cats. I should be a good test case, for I ingested serum from a leukemia-infected cat during a laboratory accident a few months ago.

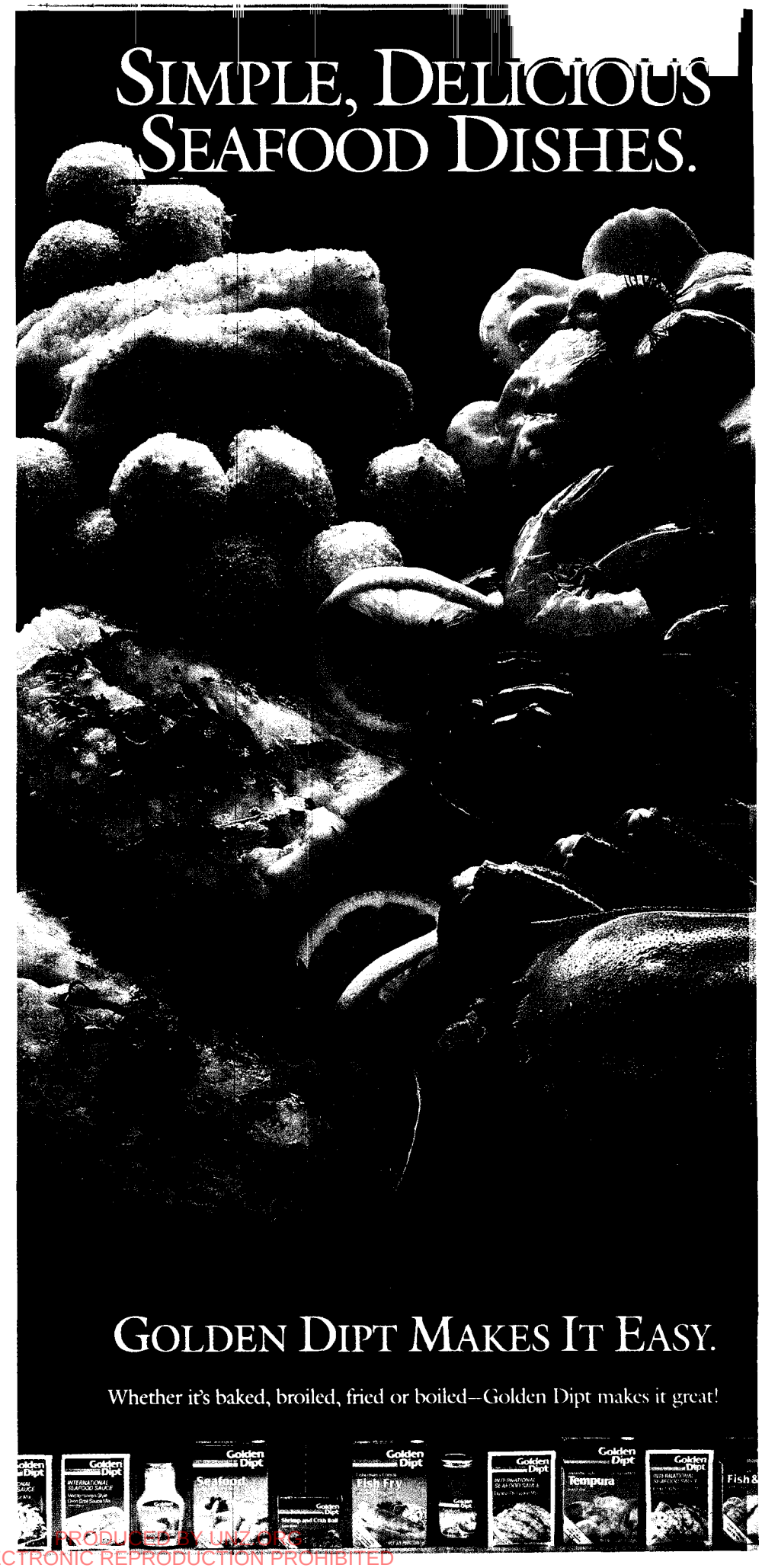
Simple blood tests can determine if cats are infected with the feline-leukemia virus. Infected cats are a threat to other cats that come in contact with them; cats not infected can be protected by vaccination. A series of three intramuscular inoculations with the feline-leukemia vaccine, followed by annual revaccination, is recommended.

The following letter is excerpted from our Jan./Feb. '86 "Letters":

It was distressing to read Dr. White's casual reference to having her cat declawed. There are countless horror stories of cats who've been subjected to that surgery. Some have bled to death during or after the operation. Cats are prone to infection, and those ten amputations offer ten dangerous opportunities for infection to develop. Some cats undergo severe personality changes. Many become biters. Some authorities cite impaired balance and eventual weakening of the leg, shoulder, and back muscles.

Fortunately, there's no need for declawing. With the right scratching post, a cat will leave furniture alone. The trick is finding the "right" scratching post: tall enough for the cat to stretch, sturdy enough so it can't tip over, and covered with something other than shag carpet,

continued on page 112


SIMPLE, DELICIOUS SEAFOOD DISHES.
GOLDEN DIPT MAKES IT EASY.
Whether it's baked, broiled, fried or boiled—Golden Dipt makes it great!
Golden Dipt
Fish Fry
Tempura

PRODUCED BY UMI/CIRC
ELECTRONIC REPRODUCTION PROHIBITED

HATS OFF TO THE COLD

by Mike Royko

Illustrated by Rick Gonzalez

John Ruane, who observes the passing scene, wonders why some men don't wear hats in even the coldest weather. "I really can't understand it," he said to me. "I wonder if they walk around without hats because they are overconcerned about their looks. Do they believe it's not chic or cool to wear a hat?

"Since you have moved into a swinging apartment, and are now considered chic and cool, you might be the person to explain this."

Yes, in matters that involve being cool and chic, it's widely known that I'm the person to consult. So I'll explain about hats.

It's true that a hat is essential for warmth, because much body heat escapes from the top of the head. But basically there are two kinds of men: those who wear hats and those who don't.

Men who don't wear hats are generally youthful, vigorous, impetuous, and have a devil-may-care glint in their eyes. They're inclined to be dashing, adventurous risk takers. On the other hand, men who make a habit of wearing hats are, I'm sorry to say, fuddy-duddies. As you may recall, President John F. Kennedy was seldom, if ever, seen wearing a hat. In contrast, Herbert Hoover always wore one, even to bed. Because of Kennedy's attitude toward hats, he is remembered as youthful and dashing. Hoover is dismissed by many historians as a dusty old coot.

Naturally, I don't wear a hat, for I've always had a youthful, devil-may-care nature. I'd rather have a numb head, which I often do, than identify with Herbert Hoover.

But hatmakers themselves must share the blame. The fact is, most men's hats look funny, and some of us would rather not put objects that look funny on our heads, especially those of us whose heads look funny enough already.

Let's consider the most popular hats:

First, there is the standard man's hat, which has a brim and a variety of shapes and styles, from the narrow-brimmed porkpie to the wide-brimmed cowboy hat. In between are the standard fedoras, which often come with some poor bird's feather sticking out of the band.

The main trouble with the brimmed hats, besides their appearance, is that in a city as windy as Chicago they are always blowing off. To avoid the indignity of chasing your hat down the street, which isn't very dapper, you have to walk with one hand holding your hat on your head. This causes you to raise your arm high, thus exposing your armpit area to the icy winds. I see no point in keeping the top of my head warm if the price is a cold armpit. To compare the discomforts of the two options, try this experiment: Press an ice cube to the top of your head; then press an ice cube to your armpit. See? It's far worse.

Some men get around the wind problem by jamming their fedoras down on their heads as far as they can. But when they arrive at their indoor destinations and remove their hats, they have deep indentations around their heads, as if someone had been squeezing them with a vise. After years of jamming their hats down on their heads, the indentations become deeper and deeper. Eventually, the upper parts of their heads seem to bulge until they look like science-fiction creatures. A two-piece head is a pretty steep price to pay just to retain a little body heat.

That's why many men choose hats other than the standard fedora. Among the most popular is the Irish walking hat, rumpled and tweedy, or the cheaper version, which looks like something punched out on a machine in Taiwan. In either case, the Irish walking hat makes you look as though you have your head stuck in a funnel, which isn't very suave.

Then there is the Irish cap, a sturdy, simple cap, and just the thing to wear if you want to look like a 1930s cabdriver.

The Russian hat, in wool or fur, is very popular, especially among commuters. As they swarm out of Chicago's Union Station in the morning, they look like thousands of suburban Leonid Brezhnevs.

When the weather turns bitterly cold, the most popular hat is the plain, wool stocking cap, often pulled down over the ears. It gives you the sophisticated look of a rural mail carrier.

Some men wear black berets, because they think they look dapper. And they are, if being dapper means looking like a French pimp.

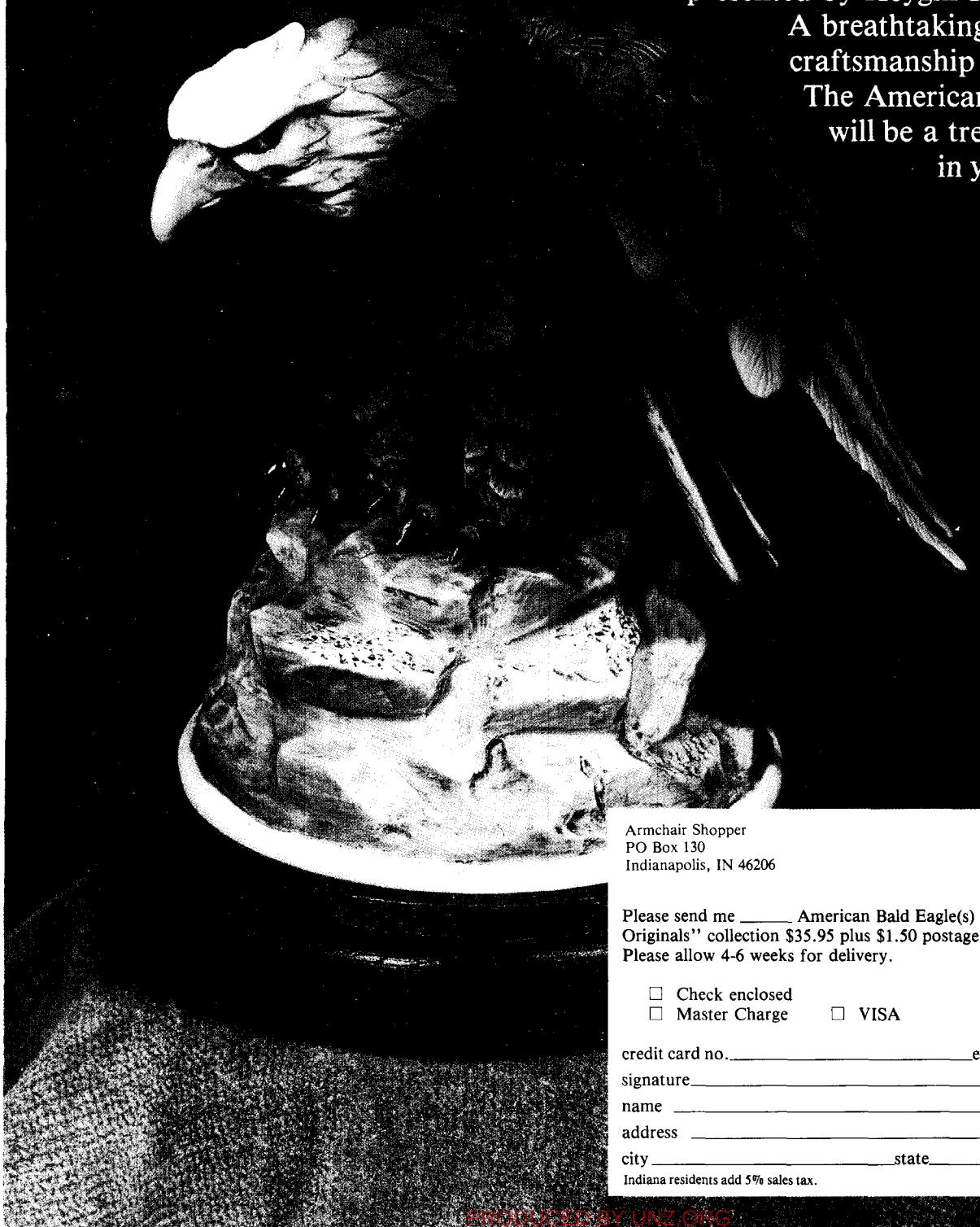
So my answer to John Ruane is, yes, those of us who refuse to wear

continued on page 99

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

As Free As A Bird...

A constant reminder of our Heritage is the emblem of America—The Bald Eagle. This beautiful creation, measuring 7″x4½″ in hand-painted porcelain bisque, is from the "Angeline Originals" collection presented by Heygill Imports, Inc. A breathtaking example of craftsmanship and quality, The American Bald Eagle will be a treasured piece in your family's heritage.



Armchair Shopper
PO Box 130
Indianapolis, IN 46206

Please send me _____ American Bald Eagle(s) from the "Angeline Originals" collection $35.95 plus $1.50 postage and handling each. Please allow 4-6 weeks for delivery.

☐ Check enclosed
☐ Master Charge ☐ VISA

credit card no._____exp. date _____

signature_____

name _____

address _____

city _____state_____ZIP _____

Indiana residents add 5% sales tax.

B6

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

FRANK BORMAN: AVIATION'S MOST DARING EXECUTIVE

The former Apollo astronaut's trip around the moon was uneventful compared to his rough corporate ride as an airline president.

by John McCollister

Col. Frank Borman is smiling more these days. The American hero who charted his way around the moon and through ticker-tape parades back home has more recently run a gantlet of critics concerned he was gambling with the future of one of our nation's largest airlines.

But Borman, as chief executive officer and chairman of the board of Eastern Airlines, has stubbornly insisted that bold chances are sometimes needed in difficult times. So far, he's been right.

Despite corporate worries, Borman looks ten years younger than his actual age of 58. He stands 5'10" and weighs 168 pounds, the same he weighed as an active fighter pilot—a career nearly cut short by an error in judgment.

As a youngster in Gary, Indiana, Borman wanted two things: to fly and to attend West Point. He did both, but after graduation he caught a cold on his way to Korea; before it was cured, he made the mistake of flying a fighter jet. The result was a damaged eardrum. He was grounded.

Frank Borman turned down several lucrative offers, including one from the White House, because he wanted to "sink his teeth into aviation." Eastern was a pretty big bite.

While the ear healed, Borman earned a master's degree in aeronautical engineering from the California Institute of Technology. Later cleared for flight, he became a top-notch flight instructor. In 1962 he was selected as an astronaut; he served as the commander of the *Gemini 7* mission in 1965; and three years later he accepted the role as the commander of *Apollo 8*.

Borman endeared himself to America during the 1968 *Apollo 8* voyage. Most of us can recall that Christmas Eve when he, James Lovell, and Bill Anders became the first humans to circle the moon, and the emotional stirring in our hearts when they gave the world their "Christmas present"—a reading of the story of the Creation from Genesis 1:1-10.

"Sy Bourgin of the State Department gave us the idea," Borman says. "Six weeks before the flight we were told by Julian Sheer of NASA that we would 'have a show' on Christmas Eve, and that we would speak to the largest audience in history. We decided that whatever we would say must be significant and reflect the spirit of America. Based on everyone's reaction, I guess we made a pretty good choice.

"Can you imagine," Borman asks, "what the Russians would have said at a time like this? They probably would have bombarded us with a dose of party-written propaganda about Leninism or Communism. What we gave was a statement as to what America is all about. That's one of the reasons I feel lucky to be living in this country."

Some say Frank Borman's life has been heaped to overflowing with luck. John "Shorty" Powers, the "voice of Mercury control," realized, however, that Borman's success was due to something more. Powers once told a friend: "There was always one guy who you knew was nine steps ahead of the others, and that was Frank Borman."

Borman retired from NASA in 1970 and joined Eastern as a consultant. The fee was minimal—about $5,000, as he recalls. At the same time, he served as the liaison man with the White House for the *Apollo 11* mission—the first lunar landing. He even helped with the wording of the plaque placed on the moon.

In July 1970, President Nixon, through Bob Haldeman, offered Borman a job at the White House.

"What would I be doing?" Borman wanted to know.

"It would be a position of respon-

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Sandi Patti

The VOICE of Christian Music sings your favorite Hymns

You have heard these Hymns all your life, but you've never heard them sung in this way, until now. As only she can sing, with such feeling, with such love, with such ministry. And she sings these Hymns Just For You.

The "VOICE" of Christian Music... Four Grammy Nominations for Best Gospel Performance
Ten Dove Awards that include:
- Gospel Artist of the Year for three years
- Female Vocalist of the Year for four years
- Inspirational Album of the Year for three years

Available wherever fine Records and Tapes are sold

For information on where to obtain your copy of this album and the brand new video entitled "I've Just Seen Jesus/A Journey to Israel", phone 1-800-251-8146

Benson Tour Information: 1-800-458-5522

HOW GREAT THOU ART
IT IS WELL
AMAZING GRACE
THE OLD RUGGED CROSS
THE LORD'S PRAYER
Medleys:
A MIGHTY FORTRESS
ROCK OF AGES
VICTORY IN JESUS
BECAUSE HE LIVES
FAIREST LORD JESUS
I'D RATHER HAVE JESUS
TO GOD BE THE GLORY
HOLY, HOLY
BLESSED ASSURANCE
GREAT IS THEY FAITHFULNESS
SWEET HOUR OF PRAYER
I NEED THEE
JUST AS I AM
TURN YOUR EYES
IN THE GARDEN
WHAT A FRIEND
JUST A CLOSER WALK

BENSON
The Benson Company, Inc.

Distributed by The Benson Company, Inc., 365 Great Circle Drive, Nashville, TN 37228.
Box 1144, Cambridge (Galt), Ontario, Canada N1R 6C9.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

sibility at the White House," Haldeman assured him.

That was too vague an answer for Borman.

"It would involve input into policy," Haldeman explained.

Still too vague, thought Borman. He politely refused. "Once I made up my mind, I had no regrets turning away from the prospect of becoming a White House official," he says, "although I sincerely admired President Nixon."

Borman's decision allowed him to accept an offer to be an Eastern Airlines vice president. "I wanted to sink my teeth into aviation, which I knew something about," he says. "I considered a lot of offers, and some of them would have made me far better off financially. But when I got a chance to be an Eastern vice president, that was it. That's all I needed."

During the next few years, Borman may have questioned the wisdom of his decision. In 1973, Eastern lost $51 million. Between 1960 and 1975, the airline, woefully top-heavy in management, lost $114 million all told. Something drastic had to be done.

Three directors of Eastern—Jim Elkins, Harper Woodward, and Roswell Gilpatric—met in marathon sessions for several days. Nearly exhausted, they left their meeting, visited the 47-year-old Borman in his modest office at 10 Rockefeller Plaza in New York, and quietly informed him that he had just been elected president of the airline.

"Thank you. I'll do my best," the young executive answered. Within 12 months, he was named both president and chief executive officer. One year later, the title "Chairman of the Board" was added to his office door.

Borman now had all the authority he needed to move fast, and his earliest decisions jolted the company. He had to dismiss some key people as a way to balance the budget. The dismissals were conducted in what was to become known as the "Borman style"—face-to-face encounters in his office. Many of those whom Borman fired were friends and people he admired. "Letting those people go was my most difficult job in management," Borman says, "but these moves had to be made for the sake of the company."

A major reshuffling, salary cuts, and constant fine-tuning followed. Hardest hit was the number of vice-presidents, shaved from 69 to 38—less than the number on carriers one-fourth the size of Eastern.

Borman also purged management of some of its prized fringe benefits, such as the use of executive limousines, private office showers, and a private jet. "Why do they need a private jet, when we have an entire fleet of commercial aircraft?" he asked.

As an astronaut, Frank Borman commanded both *Gemini 7* (1965) and *Apollo 8* (1968), the first manned flight around the moon, with crew members James Lovell and Bill Anders.

During the next few years, Frank Borman sat alone in Eastern's hot seat. Every move he made, it seemed, was second-guessed, especially when the company failed to turn an instant profit. The Miami *Herald* observed: "The former Apollo astronaut's trip around the moon was a piece of cake compared to his corporate ride at Eastern."

His daring decisions proved to be strokes of near genius for the most part. Some of the bold changes he engineered were:

1) *Moving headquarters from New York to Miami*—a decision which set the prophets of doom grumbling that the airline would surely be crippled. No such enterprise, they claimed, could possibly survive unless it were based in New York. Borman proved them wrong. Since the relocation south, expenses have been cut, and the all-too-familiar red ink on the books has slowly changed to black.

2) *A voluntary wage freeze*—which would have been cursed by the unions had Borman not told the employees the naked truth. "Without the freeze," he said, "the company will go under. It's as simple as that." The result was pronounced and positive. In 1976 Eastern showed a $39.1 million profit.

3) *Aviation's first profit-sharing plan*—when the employees were asked to take a 3.5 percent reduction in salary, to be invested in the airline. Skeptics said this could not be done. It was done, and Eastern realized a $67.3 million profit in 1978.

4) *The "Executive Traveler" Plan*—in which seasoned travelers (i.e., those who fly at least 50,000 miles per year) are afforded special accommodations when flying Eastern. Critics scoffed at an idea that would offer upgrading to first class on an available basis to select people. Today, however, thousands of these "executive travelers" go out of their way to fly Eastern for that very reason.

5) *Expanding Eastern's routes*—allowing the airline to fly not only in the continental United States, but to South America and to Europe as well. Plans are now under way to include

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The **STORK** is coming...

The **STORK** is bringing your baby's first magazine...

STORK *is* your baby's first magazine.

A brand-new magazine for children, from birth to age 3. Health and medical tips for young mothers. Large illustrations and bold captions for the very young. (Babies are smarter than we formerly believed—they can absorb much earlier than we once thought.) Mother and child share first learning experiences with read-aloud features. You can become a **Charter Subscriber** and enroll at a money-saving rate of $9.97 for one year. Offer good for a limited time only—**so hurry!**

STORK
THE MAGAZINE FOR NURSERY DWELLERS

Children's Better Health Institute
P.O. Box 10813, Des Moines, IA 50380

☐ **Enter my membership in the Children's Better Health Institute and include a subscription to STORK—$9.97 for one year (8 issues).**

☐ Bill me later ☐ Payment enclosed ☐ VISA ☐ MasterCard

If MasterCard, enter 4-digit Interbank no. _____

Credit card no. _____ Exp. date _____

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Outside the U.S, add $3 postage per year. U.S. currency only. 326250

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Japan as another of Eastern's destinations.

6) *A wage-cut innovation in 1983* —that asked the 4,000 Eastern pilots to forgo 22 percent of their pay for one year; in addition, mechanics, ground crew, and flight attendants gave up 18 percent. In exchange, the employees were issued 12 million shares of common stock. The employees, then, bought 25 percent of the airline. This one cooperative venture between management and labor saved Eastern $275 million; it has been hailed as one of the most significant participation plans in aviation history.

Borman's budget-cutting was aided by his own unpretentious style. He drove to work in a seven-year-old Chevrolet convertible his father had bought from a Phoenix used-car lot. Before the Colonel (the title he still prefers) had it repainted, a fellow executive described it as "a souvenir from the Battle of the Bulge."

Borman never asked others to do things he wouldn't do himself. Once he decided to expand the staff of volunteers (usually secretaries and office clerks) enlisted to help with the holiday traffic crush. "I expect you guys to get out there and help this year," he announced unexpectedly at an executive briefing. "I'll be there myself. And I don't want any company photographers there. This is no publicity stunt."

One Miami newspaper got wind of the plan and ran a story the next morning that the Colonel himself would be one of the volunteer baggage handlers. Within hours, television cameras and news reporters were on location to record the event. Borman wasn't pleased with this coverage, but he didn't fight it. Instead, he plugged away at the job for a full day—from 8 a.m. until 6 p.m.—with not even a lunch break. He stopped only to sign an occasional autograph or, with all possible diplomacy, to refuse a tip.

Even his strongest doubters had to admit that the Colonel brought more than his clipped military style to the executive office. In one daring move after another, he guided the airline through deregulation that "caused an enormous amount of dislocation and gray hair," he says. Even today, although Eastern is filling a hefty percentage of its seats, price wars threaten its financial future.

Economic turbulence notwithstanding, Laurance Rockefeller, a board member of Eastern since 1977, bluntly confessed: "I am convinced that Frank Borman was the only man in the United States who could have saved Eastern from disaster."

Borman refuses to take sole credit for keeping his company alive. "I am fortunate to have some outstanding people around me who have something to offer," he says. Robert Shipner, senior vice president for flight operations, agrees: "The Colonel appreciates loyalty, but he has no respect for a 'yes man.' Those closest to him are those who are not afraid to speak their minds."

"I look at some European political systems with contempt," Borman says. "Everyone is a domestic rabbit—kept in a cage, fed, and watered. I'd rather be a jack rabbit—taking my chances but enjoying some freedom, rather than be a part of a system that drives everyone to a single level of mediocrity. I'd hate to see that happen at Eastern or anywhere else in this country."

What keeps Frank Borman going? "You've got to believe that what you are doing is worthwhile," he says. Borman is also quick to credit his bride of 35 years, the former Susan Bugbee of Tucson, an attractive, unassuming woman: "I couldn't have done it without her support. Somehow, even during the most trying times, she pulls it all together."

Frank Borman must leave Eastern eventually, but he does not seem to consider that alternative viable. Because of his warm personality, intelligence, integrity, and outstanding record as an astronaut and as a corporate executive, some even suggest he should seek a political future, perhaps as the 1988 Republican presidential nominee. Borman on Borman?—"I just want to stay here and give the airline my best shot for as long as possible. We've come a long way, but there's still a long way to go," he says.

In the fall of 1985, Frank Borman turned over the reins as president and overseer of the day-to-day operations to Joseph B. Leonard, the first hint that he and Susan may be getting ready to smell the roses. The Colonel assures everyone, however, that this is just his way of preparing for the future. "I want to ensure a smooth transition in the event I do decide to move on," he says.

In the meantime, if you happen to visit the main office, ninth floor, Building 16, Miami International Airport, at eight o'clock nearly any morning, you'll see Col. Frank Borman sitting behind his desk and planning more new ways to make his airline better.

He won't be hard to recognize. He's the one who's smiling.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Most Loved Recordings Ever Made

You can now enjoy the most truly beautiful and memory-stirring listening experience you've ever heard. Thanks to special arrangements with America's major record companies we can now offer you 50 of the world's most loved, heart-touching recordings...*all in one extraordinary collection.*

Yes! Here are 50 of the most loved records ever made! 50 different recordings so universally popular that each sold over a million copies . . . by 50 of the most loved stars and groups of all time! Just read the list below. You get a never-equaled goldmine of musical memories...and here they are!

Here's All You Get On Record or Tape...

Because Of You
Tony Bennett

Vaya Con Dios
Les Paul and Mary Ford

Somewhere My Love
Ray Conniff

Chances Are
Johnny Mathis

Return To Me
Dean Martin

Fascination
Jane Morgan

You, You, You
The Ames Brothers

The Three Bells
The Browns

He'll Have To Go
Jim Reeves

Anytime
Eddie Fisher

Tenderly
Rosemary Clooney

Just Walkin' In The Rain
Johnny Ray

Everything I Have Is Yours
Billy Eckstine

Release Me
Engelbert Humperdinck

Tennessee Waltz
Patti Page

Goodnight Irene
Gordon Jenkins

Secret Love
Doris Day

Unchained Melody
Al Hibbler

Beyond The Sea
Bobby Darin

Now Is The Hour
Bing Crosby

You Always Hurt The One You Love
The Mills Brothers

Little Things Mean A Lot
Kitty Kallen

You're Breaking My Heart
Vic Damone

Heartaches By The Number
Guy Mitchell

Auf Wiedersehen, Sweetheart
Vera Lynn

Too Young
Nat King Cole

Moonlight In Vermont
Margaret Whiting

Make The World Go Away
Eddy Arnold

Only You
The Platters

It's Just A Matter Of Time
Brook Benton

You Belong To Me
Jo Stafford

Spanish Eyes
Al Martino

Melody of Love
Billy Vaughn

Crazy Arms
Ray Price

To Each His Own
The Ink Spots

Twilight Time
The Three Suns

My Special Angel
Bobby Helms

Bluebird Of Happiness
Art Mooney

I'll Never Fall In Love Again
Tom Jones

Blueberry Hill
Fats Domino

Roses Are Red
Bobby Vinton

La Vie En Rose
Edith Piaf

I Believe
Frankie Laine

Autumn Leaves
Roger Williams

Kiss Of Fire
Georgia Gibbs

Peg O' My Heart
The Harmonicats

Love Is A Many Splendored Thing
The Four Aces

Till I Waltz Again With You
Teresa Brewer

I Remember You
Frank Ifield

Moments To Remember
The Four Lads

The TV Treasury Sweeping America

Money Back Guarantee

Hundreds of thousands of people who have heard this remarkable collection on TV have already ordered. No other treasury ever offered can compare with it. Every one of the 50 all-time favorite recordings is full length . . . exactly as originally recorded. Listening to these never-equaled, million-seller favorites will stir more memories . . . and give you more pleasure . . . than any other treasury you've ever owned.

We Ship Free!

All 50 of the Most Loved Records Of Your Life come to you on either 3 Double-Length Records (each in its own jacket) . . . or 3 Cassettes or 3 8-Track Tapes. The price? Only $6.66 each! All 3 for only $19.98. And we unconditionally guarantee you'll play these remarkable music treasuries more than any you own . . . and enjoy them more . . . or they won't cost you a penny. But you must order now. These treasuries are not sold in any store at any price. Be sure to mail the no-risk coupon today.

NOT IN STORES—MAIL COUPON TODAY

Suffolk Marketing, Inc., Dept. HI-163
475 Fifth Avenue, New York, N.Y. 10017

Please rush me the beautiful new treasury "50 OF THE MOST LOVED RECORDS OF YOUR LIFE" in my choice of either 3 records, 3 cassettes, or 3 8-track tapes for the amazing low price of only $6.66 each ($19.98 for all 3!) I understand that all 50 selections are full length and that I must agree that this is one of the most beautiful treasuries ever made or you will refund my money immediately.

☐ I enclose $19.98. Send 3 Record Albums.
☐ I enclose $19.98. Send 3 Cassettes.
☐ I enclose $19.98. Send 3 8-Track Tapes.

We Ship Free! No Postage or Handling! We Pay All Charges!

Charge to my: ☐ **Visa** ☐ **MasterCard** ☐ **American Express** ☐ **Diners Club**

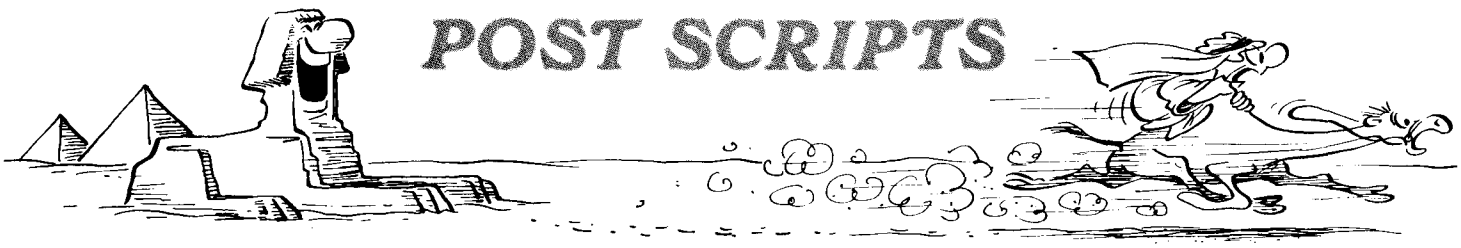
Card No. _____ Expires _____

Name _____

Address _____

City _____ State _____ Zip _____

REPRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Dogging It

While discussing problems concerning teen-agers, one woman asked her neighbor: "Is your son hard to get out of bed in the morning?"

"No," the other replied. "I just open his bedroom door and throw the cat on his bed."

The puzzled neighbor asked: "How does that awaken him?"

The mother replied: "He sleeps with the dog."

—Oliver E. Frazier

Eyesore

You're a sight for sore eyes,
And what is more,
You are the sight
That made them sore.

—Hans G. Mueller

A Ferocious Appetite

Tiger, tiger, in the tank,
No one knows how much he drank.
And there's nothing in the world
as mean
As a tiger full of gasoline.
Think of those nasty teeth and talons,
Fueled by superunleaded gallons.
He will fear neither spear nor
arrow nor gun,
But light a match—and watch him
run!

—John H. Barry

Pulling the Wool

Counting sheep just doesn't work for some people. They lie awake at night thinking of a way to fleece the flock.

—H. Duane Black

Homeward Bound

Please don't think we're lazy
'Cause we haven't come to visit.
But the kids just drive us crazy
Asking, "How much farther is it?"

—Joan Cameron

Stolen Pleasure

My grandfather, an ardent lay preacher, feared he was preaching only to the converted. One day a member of the congregation rushed up to him and announced: "Someone has taken my new hat from the cloakroom."

Grandfather lifted his eyes heavenward and joyfully exclaimed, "Praise the Lord! We're finally getting the sinners!"

—Kris Lee

Ear to the Middle Ground

Middle management is a peculiar
position,
Though occupied by quite a few.
It's where you're high enough to hear
rumors
But not enough to know if they're
true!

—Ruth M. Walsh

Ap-parrotly Identified

A frontier church had burned down, and the town saloon keeper offered his place for Sunday services. As the preacher covered the bar and bottles with sheets, the saloon's parrot spoke up and said, "Aha! A new bartender!"

Then the women of the choir came in. The parrot said, "Hey! A new floor show!"

But when the congregation arrived for the service, the parrot lamented, "Heck! The same old crowd."

—K. W. Kenney

School Dazed

Staying home from class reunions is a syne you are getting auld.

—Lloyd Byers

Bad Actors

Unfortunately, too many of us today feel it is pleasant to act important, and too few of us feel it is important to act pleasant.

—Lane Olinghouse

Estrangered Couple

Mr. Jones, annoyed by his wife's constant sniffling as she watched a weepy melodrama, demanded: "For Pete's sake, why is it you cry about the imaginary woes of people you've never met?"

"Drinks, coffeecake, pictures of Hindley's fishing trip... wasn't someone supposed to bring a report to this meeting?"

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

His spouse replied: "For the same reason you yell and scream when a man you don't know hits a home run."

—Bobbie Mae Cooley

Faithing the Truth

The minister of a certain church was trying to convince a prospective member that everything in the Bible is true.

"Do you mean to tell me you believe that story about Jonah being swallowed by a big fish?" the man asked.

"Yes, I do," the minister answered. "And when I get to heaven I'm going to ask Jonah about that."

"And what if Jonah is not in heaven?" the man asked.

The minister thought for a moment. "Then you can ask him!" he replied.

—Agnes W. Thomas

Past Tense

When altercation pro or con
Calls for a good debater,
I think of clever arguments
Minutes. . .hours later.

—Raymond A. Schoeder

Stroke of Genius

Growing up: beating your father at golf.

Maturing: letting him win.

—George E. Bergman

Forest Prime Evil

Like her mother and her grandmother before her, a girl who enters the wilderness of adolescence must watch out for beaux and eros.

—Eric Shively

Rough Terrain

When offered a thrill
I think of the bill.
I'm over the hill.

—Paul Duling

Ski Report

About to dig into his dessert, the diner called to the waiter. "Look, there's a fly in the ice cream," he said.

"That's amazing, sir," the waiter said. "And cross-country is so much tougher skiing than downhill."

—A.H. Berzen

No Slouch in English

Mr. Butterbottom, the principal, encountered a seventh-grade boy walking out of room 209 with a dour expression on his face.

The egregious Butterbottom decorously asked the boy, "And how are we today?"

"Awful," the boy complained. "I don't understand all that stuff the math teacher wants us to learn—all those logarithms and postulates and stuff."

"Well," Butterbottom said soothingly, "I'm sure we can't find it all *that* bad, can we?"

"Well, sure, *we* can say that," the boy huffed. "Because the *you* half of we doesn't have to learn that stuff all over again with the *me* half of we."

—G. Alan Jackson

Big-hearted

Doctor to patient: "You have had a slight coronary, but I wouldn't worry about it."

Patient: "Really, doc? Well, if you had a slight coronary I wouldn't worry about it either."

—Ralph Land

I Spy

You can always spot an egotist by the gleam in his I.

—Thomas LaMance

A Muddling Issue

An anxious mother consulted a psychiatrist about her son, whose favorite hobby was making and eating mud pies.

"That's not so uncommon," the doctor assured her. "Lots of boys make mud pies and eat them."

"Well, I think it's strange," the mother said. "And so does my daughter-in-law."

—Dorothea Kent

Rave Review

The maestro made the concert one
that all could love and understand.
He Chopined the air with his baton
and did neat Bachflips with his hand.

—John D. Engle, Jr.

Unhealthy Finances

"Sylvester comes from a very poor family, you know."

"I don't see how you can say that. His parents put him through medical school."

"That's how they got so poor."

—Harold Helfer

Labor Pains

Though business-labor wrangling
may not be much to your liking,
You must admit that, anyway, it's
often very striking.

—G. Sterling Leiby

Fund Hazing

They asked for 30 dollars;
I sent them 34,
And they spent nearly half that
Begging me for more.

—Aline K. Taylor

"Check back with us now and then—I'm sure we'll be lowering our standards sooner or later."

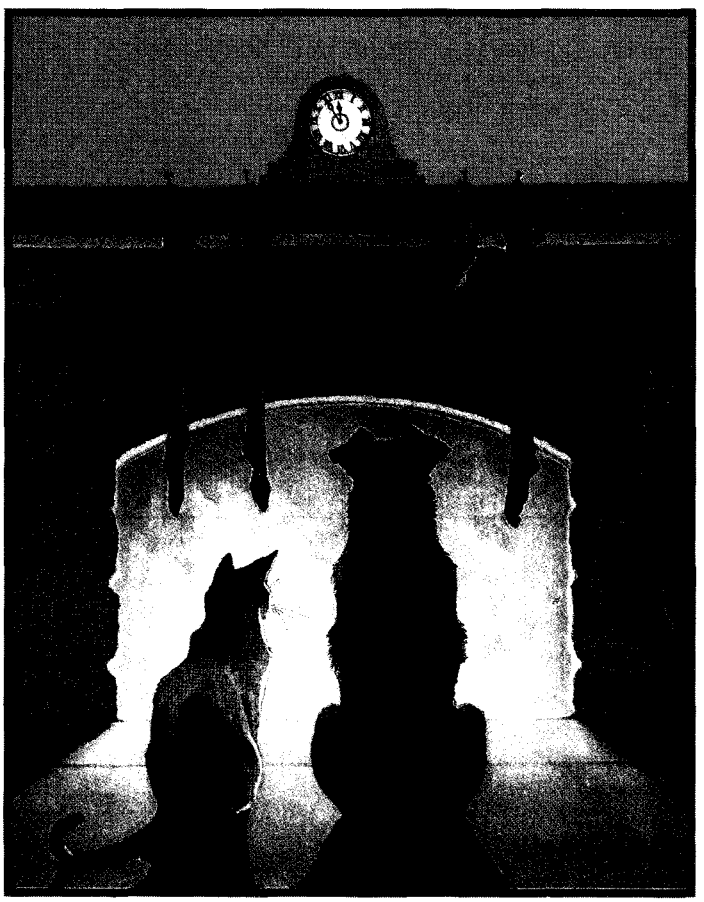
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

SMOKING OUT THE DRAFTY FIREPLACE

If a traditional chimney flue is giving your house the chills, a prefab fireplace or insert may be just what the doctor ordered.

by Jack Hayes

Are you aware that whenever a fire burns within your traditional masonry fireplace, a draft begins to suck expensive room heat up the chimney? Then you may want to consider turning that masonry monster into an efficient room or zone furnace, either by installing a prefab fireplace insert or by putting a wood stove in front of it. For an investment of $500 to $1,000—more or less, depending upon the features of the unit you buy and upon whether you want to do part of the work yourself—you can go from "zero efficiency" with your open hearth to a 40 to 75 percent heating efficiency when the job is done. And you don't need a computer to tell you that the savings are plenty.



A blazing fire on an open hearth will keep a body within a range of five feet warm, but it may also rob your house of expensive BTUs.

Space Heaters

First, you have to ask yourself: "Am I willing to trade my open hearth for the security of a cozy room?" If not, then you'll need to look at and perhaps purchase an inexpensive kerosene space heater. Why a space heater? Because you should provide a means of replacing the room heat that's going to get sucked up your chimney through that lovely-to-look-at, but terribly inefficient, open hearth while your fire is dutifully burning.

High-Efficiency Prefab Fireplaces

"The problem with [nonmasonry] fireplaces is, you can't enjoy the looks without sacrificing efficiency and vice versa," says Rick Strange, of Sun Valley, Inc., an Atlanta fireplace distributor that sells more than 6,000 prefabricated units a year. Therefore, if room heating is part of the goal, spend the extra money and buy a unit rated for maximum heat efficiency.

A basic open-hearth prefab job, rated at nothing better than zero efficiency, sells in most parts of the country for about $500 installed. Granted, this basic unit may have the looks of a great fireplace, but it isn't going to deliver the heat you want. On the other hand, a top-of-the-line prefab fireplace, priced at $1,200, carries an efficiency rating of more than 40 percent because it pumps out 55,000 BTUs per hour. In addition to better design and construction, the more efficient fireplace has three important features missing from its cheaper cousin: a pair of tempered glass doors that seal off the firebox to prevent warm room air from escaping up the chimney; a damper device that allows combustion air to enter from the outside; and a fan-and-duct arrangement that continuously heats and circulates room air while the fire is burning.

An experienced contractor can install a prefab fireplace in the typical home in one to two hours. (This does not consider the time required to build the chimney frame, or "chase," as it is called in the trade. The chase—usually costing a few hundred dollars—must be completed by either the homeowner or his remodeling contractor before the fireplace installer arrives.) The Wood Heating Alliance in Washington, D.C., says about 1.47 million fireplaces were installed in American homes during the last year. Sixty percent were prefabricated units and 40 percent were masonry.

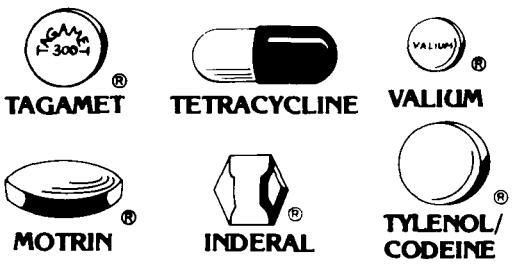
Higher-Efficiency Fireplace Inserts

What about the homeowner looking for ways to make his existing

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

"Prescription Drugs' Side Effects Revealed"



Do you know the intended good effects and bad side effects of over 300 prescription drugs? Read this article for facts.

(Atlanta, GA) —

FC&A, a nearby Peachtree City, Georgia publisher, announced today the release of a new book for the general public . . . ***Prescription Drugs' Side Effects Revealed.***

It reveals the little-known side effects of over 300 of the most often prescribed drugs . . . side effects which are known to few people besides doctors.

What Your Doctor Doesn't Tell You

A recent U.S. government survey revealed that most doctors don't tell their patients about the possible side effects of drugs they prescribe. Tell your doctor if you have any possible side effects given in this book.

The Good Effects of Drugs

You take drugs prescribed by your doctor for their good effects like relieving pain, fighting infection, birth control, aiding sleep, calming down, fighting coughs, colds or allergies, or lowering heartbeat and blood pressure.

Do You Have Any Of These Bad Side Effects?

Prescription drugs can cause diarrhea, dizziness, dry mouth, sleepiness, depression, headache, insomnia, upset stomach, blurred vision, cramps, rashes, constipation, fever, stuffy nose, short breath, high blood pressure, fear, ringing sounds, poor appetite, balance, sex or heart function.

Do You Know The Answers To These Questions About Prescription Drugs?

When your busy doctor gives you a prescription, what do you, or even your doctor, know about it? What's it for? Will you be allergic to it? What are its side effects and dangers? Will it affect other medicine you're taking?

It's up to **YOU** to keep yourself informed by reading this book. For example, on page 15 you'll learn that a drug you take for shortness of breath can actually cause breathing difficulties . . . the very thing it's supposed to prevent.

Latest Facts On Each Drug

Two outstanding pharmacists have helped add newly discovered side effects to the new edition. The book describes more than 300 of the most-often-used drugs, 100 more drugs than in last years edition. Facts are given in easy-to-understand words instead of hard-to-understand medical terms.

Easy To Read

Drugs are listed in alphabetical order for quick, dictionary-style finding. The book lists brand names, money-saving generic names, good effects, side effects, warnings and interactions with other drugs.

It tells how to save money by using generic drugs instead of expensive brand names. It also explains drug categories. (For example: a drug may be called an "analgesic" . . . analgesic means "pain reliever.")

Free With Order Before Midnight, May 31, 1986

Order this 30,000 word easy-to-understand book, edited by two pharmacists, and we will send you **FREE** our newsletter, ***Prescription Drug News.***

Simply cut out and mail the coupon today. There's a no-time-limit guarantee of satisfaction or your money back.

Are You Taking Any of These Drugs?

(Partial List of Drugs in Book)

Achromycin®
Actifed®
Aldactazide®
Aldomet®
Aldoril®
Amcill®
Amoxicillin®
Amoxil®
Antivert®
Apresoline®
Atarax®
Ativan®
Bactrim®
Benadryl
Bentyl®
Brethine®
Catapres®
Ceclor®
Clinoril®
Corgard®
Cortisporin®
Coumadin®
Dalmane®
Darvocet-N®
Diabinese®
Dilantin®
Dimetapp®
Donnatal®
Dyazide®
E.E.S.®
Elavil®
Empirin/ Codeine®
E-Mycin®
Enduron®
ERYC®
Erythrocin®
Feldene®
Fiorinal®
Fiorinal/ Codeine®
Flexeril®
Haldol®
Hydrochloro-thiazide
HydroDiuril®
Hygroton®
Iletin®
Ilosone®
Inderal®
Inderide®
Indocin®
Isordil®
Keflex®
K-Tab™
Lanoxin®
Larotid®
Lasix®
Librax®
Librium®
Lidex®
Lomotil®
Lo Ovral®
Lopressor®
Lotrimin®
Macrodantin®
Mellaril®
Micro-K®
Minipress®
Moduretic®
Monistat®
Motrin®
Mycolog®
Naldecon®
Nalfon®
Naprosyn®
Nitro-Bid®
Nitrostat®
Omnipen®
Orinase®
Ornade®
Ortho-Novum®
Ovral®
Parafon Forte®
Pen-Vee K®
Percodan®
Persantine®
Phenaphen/ Codeine®
Phenergan Expectorant/ Codeine®
Phenobarbital
Premarin®
Procardia®
Proventil®
Restoril®
Septra®
SER-AP-ES®
Serax®
Sinequan®
Slow-K®
Sumycin®
Synalgos®
Synthroid®
Tagamet®
Tenormin®
Tetracycline
Theo-Dur®
Thyroid
Timoptic®
Tolinase®
Tranxene®
Triavil®
Tylenol/ Codeine®
Valisone®
Valium®
V-Cillin K®
Ventolin®
Vibramycin®
Vistaril®
Wymox®
Xanax®
Zyloprim®

© 1985 FC&A

CUT AND MAIL TODAY!!

MAIL TO: FC&A Publishing
P.O. Box 2528, Dept. PSE-3
Peachtree City, Ga. 30269

☐ I enclose **$3.99** + $1.00 shipping and handling. Send me ***Prescription Drugs' Side Effects Revealed,*** **PLUS** my **FREE** newsletter, ***Prescription Drug News!***

☐ Save! Send me two books **PLUS** my **FREE** newsletter, ***Prescription Drug News,*** at **$7.98** + $1.00 shipping and handling. (No extra shipping and handling charges.)

Total amt. enclosed $ _____

Name _____

Address _____ Apt. # _____

City _____

State _____ Zip _____

Satisfaction Guaranteed or Your Money Back

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

fireplace generate more heat? He has only to look at high-efficiency inserts. These inserts are nothing more than wood-burning, closed fireboxes incorporating the same tempered-glass doors, outside air dampers, and circulating fans typical of the more efficient prefab fireplaces. Some inserts act like wood stoves in that they mount out from the existing fireplace and include heat exchangers that maximize the burning process. The cost of an insert can range from considerably less to about the same as the cost of installing a complete prefab fireplace. Some of the inserts even rely on a gas-burner hook-up that resembles a burning log, but the efficiency gained from inserts of this type may be offset by the cost of the natural gas or other commercial fuel used to light the fireplace.

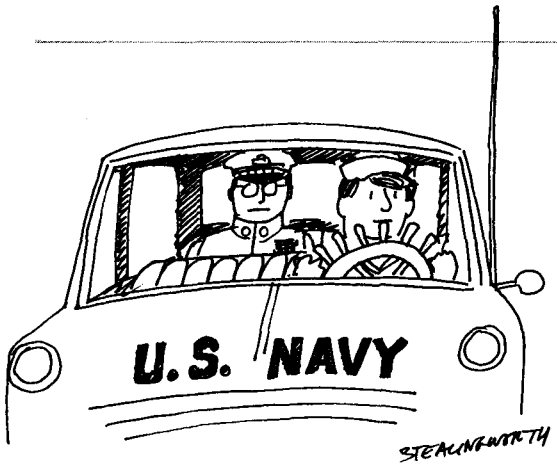
Ultimate-Efficiency Wood Stoves

For those who insist on the ultimate in warmth, an existing masonry fireplace can be turned into a toasty zone furnace simply by converting it to a wood-burning stove. Although such a conversion may push heat efficiency as high as 75 percent, nothing comes without cost—the homeowner who goes with the wood-burning stove must realize he is trading his open hearth and flickering flame for a heavy, and not-so-romantic-looking, black iron box. (True, many wood stoves are available with elaborate brass doors, legs, and hinges, but such ornamentation is not without additional cost.) Wood-stove prices range from about $500 and up, depending on features. The maximum-efficiency units, with catalytic-combustion chambers, start in the $1,000 price bracket.

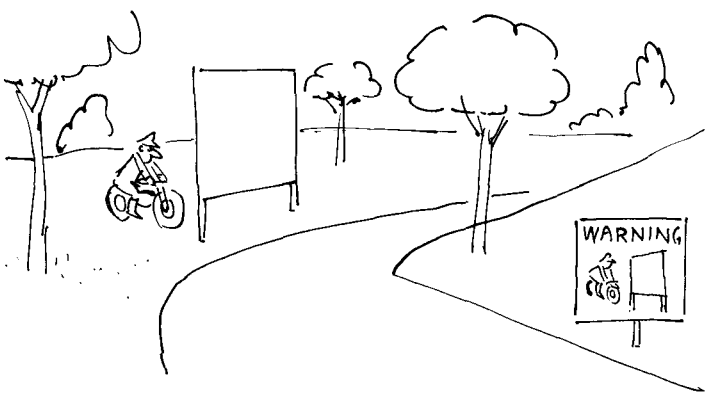
Can you install your own fireplace? If you know a trowel from a flapjack turner, the answer is "yes." Most factory-built units come with complete instructions for installation. As with other do-it-yourself tasks, the homeowner often does a better job because he takes the time to do it right. Statistics available from the Wood Heating Alliance show that 45 percent of the fireplace inserts installed last year were do-it-yourself. If that isn't persuasive enough, 72 percent of the wood stoves purchased last year were installed by the same means.

Gary Satterfield, the WHA's technical director, has two cautions for homeowners contemplating any purchase or installation. First, don't buy anything but a tested or listed appliance, which will have the testing laboratory's "approved" label on the front of the fireplace, insert, or wood stove. Second, if you're paying someone else to install the unit, "let your fingers do the walking" for one of the technicians who have passed the Solid Fuel Safety Exam given by the Wood Heating Education and Research Foundation.

Then light up and sit back—the toast of your envious neighborhood for being so smart.



ONE FOR THE ROAD



PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The first collector's plate ever produced under the sponsorship of Encyclopaedia Britannica.

"The Cardinal"

by Kevin Daniel

An award-winning wildlife painter creates a bird portrait of unsurpassed authenticity and power.

Sunlight shimmers in the crisp spring air and dances on the iridescent feathers of this splendid cardinal pair. This is "The Cardinal," the first plate in the *Encyclopaedia Britannica* Birds of Your Garden series of limited-edition collector's plates.

The effect is magical; it is as if Kevin Daniel has captured a fleeting glimpse of these handsome birds exactly as he saw them in his own garden. It is this almost uncanny sense that we observe unposed nature in Mr. Daniel's work that has thrust the young artist into the first ranks of contemporary wildlife painters.

"The Cardinal" is issued under the sponsorship of *Encyclopaedia Britannica*—the first time the *Britannica* name has ever been associated with a limited-edition collector's plate. That sponsorship is your assurance that Mr. Daniel's first work in the plate medium fully matches his award-winning oils and prints in the accuracy of its portrayal.

Indeed, "The Cardinal" is unique among all Mr. Daniel's work for one critical reason: the artist's lucent colors glow with a special brilliance on the pure white "canvas" of an Edwin M. Knowles china plate. This is wildlife art of the very highest quality that will bear eloquent witness to its owner's taste for many years to come. And if you act now, you can have "The Cardinal" at the eminently affordable $19.50 issue price. But, please note: "The Cardinal" is issued in an edition strictly limited to 100 firing days, and you may well find yourself competing against a legion of collectors and bird enthusiasts for this superb fine-art plate.

Now is the time to act to assure yourself "The Cardinal" at issue price; if, for any reason, you should decide later that you aren't fully satisfied, you'll enjoy the protection of our 365-day guarantee. *If you are not completely satisfied, you may resell your plate to us at any time within one full year after you receive it.* We will issue you a check for everything you have paid, including postage, without the necessity of a resale transaction.

You'll also receive a free copy of *Plate World* magazine when you place your buy-order for "The Cardinal." *Plate World* is the definitive word on the fine art of plate collecting, filled with the kind of valuable information you'll need to buy and trade plates. To grace your home with "The Cardinal" by Kevin Daniel, and to receive your free copy of *Plate World*, simply complete the buy-order form and mail to: The Bradford Exchange, 9345 Milwaukee Avenue, Niles Chicago, Illinois 60648.

The plate is shown smaller than the actual size of 8½ inches in diameter.

Bradex Number 84-K41-12.1

©1985 Knowles

Buy-Order Form

368-E91503

Please respond by: March 31, 1986

Mail to:
The Bradford Exchange
9345 Milwaukee Avenue, Niles Chicago, Illinois 60648

YES. Please enter my buy-order for "The Cardinal" by Kevin Daniel, the first plate in the Encyclopaedia Britannica Birds of Your Garden series. Limit: one plate per customer.

I wish to order ONE plate. I understand that I NEED SEND NO MONEY NOW. I will be billed the $19.50 issue price, plus $1.94 postage and handling, upon shipment of my plate. (Illinois residents add $1.50 sales tax for a total of $22.94.)

_____
Signature

Name_____
Please Print

Address_____

City_____ State_____ Zip_____

Please respond promptly—because plates are produced in a limited edition, we can guarantee availability at issue price only until the edition is sold out. We'll ship your order in four to six weeks. You'll also receive a free copy of *Plate World* magazine.

651-A

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

BILLY GRAHAM: THE WORLD IS HIS PULPIT

Though he longs for privacy at his Montreat, North Carolina, mountaintop retreat, at age 67 the world's most effective evangelist continues to be a voice heard throughout the land.

by Maynard Good Stoddard

Finding William Franklin Graham, Jr., at home in Montreat, North Carolina, is an event in itself. In fact, just keeping the car on the narrow mountain road that winds up to this sequestered aerie of Billy and Ruth Graham is an adventure. The valley floor lying 3,600 feet below the front porch and the Blue Ridge Mountains rising to the few scattered morning clouds above the backyard is the perfect setting for their house, built from old log cabins. Why Billy Graham, now 67, hasn't retired to this beautiful spot is one of the world's worst-kept secrets.

"America's Choice," a TV program that polls the public to find the ten top personalities in various categories, had chosen for two of its subjects this particular week the Scariest Movie Villain and the Best-Known Evangelist. I missed guessing the top villain by a mile (turned out to be Vincent Price, not Lon Chaney). And though I hit the No. 1 evangelist right on the button, I take no special credit. Surely other millions of listeners that night knew as well that America's leading evangelist would be Billy Graham. It was just too easy.

Only those without television, radio, newspaper, or word-of-mouth for the past 40 years could have missed. No religious crusader has carried the gospel message to more people in more lands, presented that message with more power or authority, or stirred a deeper response in his listeners. The Billy Graham Crusades have put the feet of more than a million converts on the narrow road that leads to eternal life. Of his 12 books, *The Jesus Generation* sold 200,000 copies in the first two weeks after publication; *Angels: God's Secret Agents* had sales of 1 million copies within 90 days after release; *How to Be Born Again* was said to have made publishing history with its first printing of 800,000 copies. In the past 30 years Billy Graham's *World Wide Pictures* company has made more than 130 full-length documentary and feature films with a GA (God-approved) rating. Some 200 newspapers with millions of readers carry his daily column "My Answer." Two million subscribers await the arrival each month of *Decision,* the magazine he launched in 1960 that is printed in 11 editions and translated in 6 languages and in Braille. He leads the "Hour of Decision" weekly radio program, broadcast by more than 700 stations around the world. He is regularly listed as one of the "Ten Most Admired Men in the World." He has been on the cover of *Time*. He receives hundreds of speaking requests every year. Political leaders have asked him to run for office, but he has always declined.

A Soviet congregation listens intently as Billy Graham delivers a sermon at the ornate Russian Orthodox cathedral in the Siberian city of Novosibirsk.

Had it been suggested to young Billy Graham in the '30s that long before age 67 he would be recognized as the world's best-known evangelist, the chances are he would have fallen off his bicycle laughing (and maybe injured the two goats and a collie that faithfully trailed behind the rear wheel). Not that his early dreams excluded his being the focus of thousands in stadiums across the country. But had these early ambitions been realized, the viewers would have been watching a professional baseball player, not a man behind a pulpit. The doctors at Mayo having recently assessed Graham's heart as that of a 30-year-old, he might today, in fact, be the oldest first baseman in the National League.

After catching baseball fever from shaking hands with the great Babe Ruth, and possibly with the thought of getting out of milking 16 cows morning and night, how did this son of a North Carolina dairyman become a switch hitter and begin belting grand slams for the Lord?

It happened this way: Graham's attention to high-school studies and his passion for reading history books (about 100 by age 14) began to diminish the Babe Ruth inspiration. It remained for a fiery Southern evangelist named Mordecai Fowler Ham to call a third strike on young Billy Graham's baseball ambitions. After holding out during several nights of revival meetings, the 16-year-old ac-

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

cepted Ham's invitation to "come forward." The prayers of Billy's parents had been answered. The conversion was also to answer the prayer of the leader of Charlotte's (NC) Day of Prayer that "out of Charlotte the Lord will raise up someone to preach the gospel to the ends of the earth."

Graham began his religious education at Bob Jones University in Greenville, South Carolina, but found the atmosphere "too somber." After one semester he left to enroll at Florida Bible Institute (now Trinity College) near Tampa, where he had the Scriptures "ground into him." He also fell in love with a fellow student, but was rejected because his intended felt he lacked "religious purpose" in his life.

The inconsolable suitor began walking a nearby golf course at night and praying for the Lord to heal his broken heart. On the 18th green one night he fell to his knees and cried out, "All right, Lord, if you want me you can have me!"

The Lord wanted him. Billy Graham began reading and digesting the sermons of many preachers. Then he would go out by night to a swamp adjoining the school and, standing on a stump, deliver the gospel to a congregation of bullfrogs, alligators, and raccoons. Though the offerings were small, his confidence grew until he finally felt up to accepting an invitation to conduct a revival at a small Baptist church in the area. The man who would one day attract an audience of more than a million at a single service was on his way.

Although past retirement age, Graham, 67, isn't ready to take full-time to his rocking chair at Montreat. As long as there are souls to be saved, he says, retirement can wait.

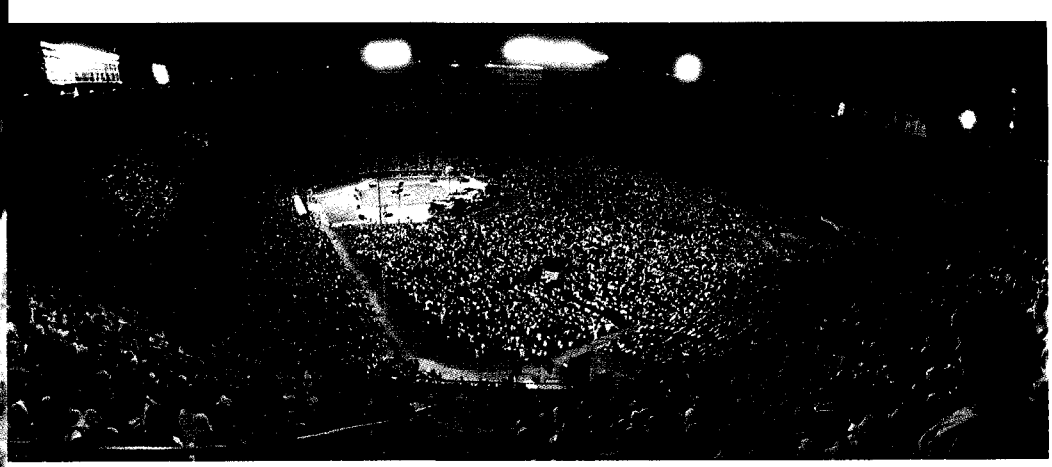
Next stop—Wheaton College, in Illinois, where he majored in anthropology and took a postgraduate course in falling in love—this time for keeps.

Ruth McCue Bell's housemother had written of this brown-haired, hazel-eyed girl of 20: "Very attractive, beautiful to look at, and excellent taste in dress. The most beautiful Christian character of any young person I have ever known. . .She ranks very high in the qualities of poise, forcefulness, and courtesy."

Although duly smitten, Graham despaired of his chances with Ruth because she was much admired and he "had so little to commend him." Little did he realize that the "tender trap" even then was beginning to close. Aside from his impressive height, wavy blond hair, blue eyes, tanned skin, and neat clothes, Ruth could see, as she recalls, "a seriousness about him; there was a depth. He was a mature man; he was a man who knew God; he was a man who had a purpose, a dedication in life; he knew where he was going. He wanted to please God more than any man I'd ever met."

Two months after their graduation in 1943, Ruth became Mrs. William Graham. In 1945 their daughter Virginia (now Mrs. Stephan Tchividjian) was born; in 1948 Anne Morrow (Mrs. Daniel Lotz); in 1950 Ruth Bell (Mrs. Ted Dienert); in 1952 William Franklin (president of Samaritan's Purse and World Medical Mission, two companion mission organizations, and recently elected to the board of directors of the Billy Graham Evangelistic Association); and in 1958 Nelson Edman (currently in seminary). They would comprise the home team.

The first member of the team Billy Graham credits for much of the success of his crusades came into the fold with the takeover of a radio program



A closing-night crowd of 80,600 at the 1985 Anaheim Crusade (above) gives Billy Graham, with sons Ned and Franklin (left), thoughts of his 1949 Los Angeles tent meeting that drew 10,000.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

on a Chicago station. George Beverly Shea, a devout young man with a voice described as a "deep molasses-barrel baritone," still delivers the last solo song before Billy Graham's sermons. With their song leader, Cliff Barrows, they began touring the country and holding meetings wherever they could find a few small churches to sponsor them.

In 1949 the trio came to Los Angeles for what was expected to be a typical tent meeting. Instead it became the catalyst that would change a backwoods preacher into one of the most influential religious figures of his time.

Some believed the instantaneous success of the tent meetings resulted from advertising. Others held that it was the conversion of several minor celebrities. Still others gave credit to publicity from the William Randolph Hearst press. However, had anyone bothered to ask the young evangelist why the normal crowd of 3,000 a night suddenly swelled to 10,000 and the meetings were extended an extra five weeks, he would have offered this explanation:

"An older preacher who had heard my sermon one night said that I was preaching a literal Bible and holding to old-fashioned ideas of theology that were not going to be listened to. Deeply shaken, I slipped away to my cottage alone. I knelt down by the bed and wept. I opened my Bible and prayed: 'Oh, God, am I wrong? Is this Your true word? Or is it what some people claim—just man-written history, myth, and poetry?' And then the greatest peace, the greatest assurance, came over me. I said, 'Oh, God, I can't understand all that's in this Book. But I am going to accept this Book by faith, as Your revelation to man, Your word, Your message to the human race.' "

From that moment on, Graham says, "my mind was completely made up. I have never known a moment's doubt since then. This decision gave a power and authority to my preaching that has never left me. The gospel in my hands became a hammer and a flame."

And so Billy Graham and his two-man team all lived happily ever after? Not exactly.

True, Graham's career had caught fire. The next year, he preached to 1,757,000, with 43,700 accepting his invitation to accept Christ. Following an Atlanta meeting, however, the *Atlanta Constitution* ran two pictures side by side: one of Graham in the pulpit exhorting the assemblage, the other of the chief usher toting the "love offering" of $16,000. No captions were necessary.

"It was like a kick in the stomach," Graham recalls. "We didn't know of any way of supporting our ministry except by taking the 'love offering.' " At the advice of friends, he decided to form the Billy Graham Evangelistic Association, run by a board of directors, to take a yearly salary, and to publish the amount.

"Half of that salary [today increased to $59,500] Graham returns to the association, along with book and movie royalties," says George M. Wilson, Graham's business manager for 35 years.

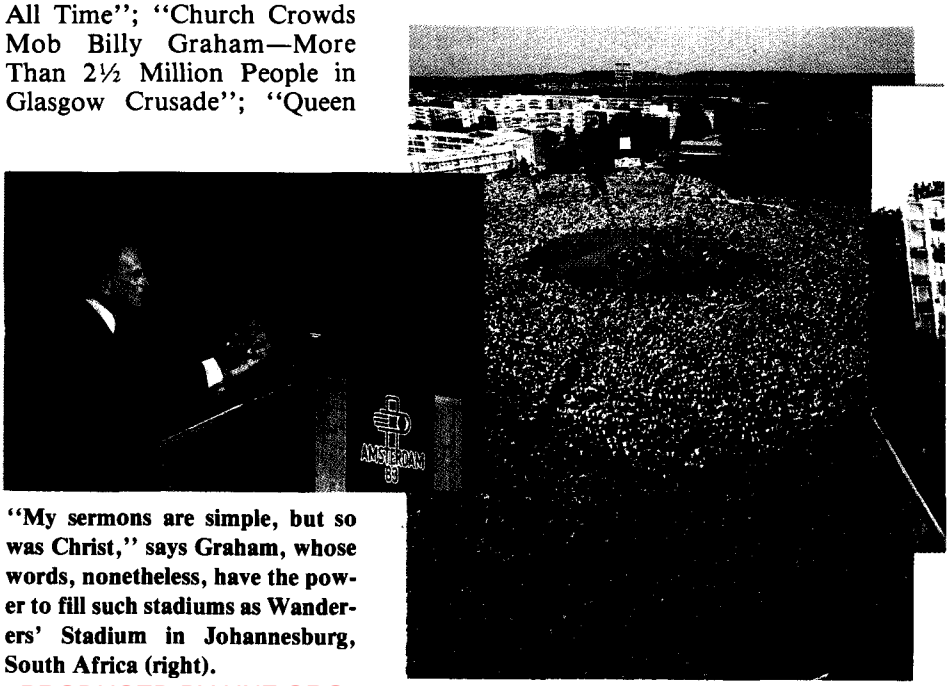
The cash flow of the Minneapolis-based association now approaches $50 million a year. The ever-increasing international crusades born of that triumphant Los Angeles tent meeting are fast complying with the directive found in Acts 1:8: ". . .and ye shall be witnesses unto me. . .unto the uttermost part of the earth."

Although England may not be quite the uttermost part, that country became the launching pad in 1954 for Billy Graham's rocketing world-wide ministry (currently 64 countries and counting). English newspaper headlines heralded his success: "Drama at Wembley: 10,000 Converts Surge Forward in the Rain"; "Britain's Biggest Religious Meeting of All Time"; "Church Crowds Mob Billy Graham—More Than 2½ Million People in Glasgow Crusade"; "Queen Hears Billy Graham"; "A Multitude Gathers in Hyde Park."

In 1953, NBC offered him a five-year contract, at $1 million a year, to go on television opposite Arthur Godfrey. He turned it down. He chose instead to carry the gospel to New York City, which he felt to be sorely in need of spiritual revival.

Whether in New York, Calcutta, Hong Kong, Tokyo, Rio de Janeiro, Nairobi, or cities in countries trying vainly to sequester religion-starved citizens, crowds began to, and continue to, jam-pack and overflow the largest available facilities. It was overflow churches at every stop during his tour of Rumania last year. At Cradea, pews had to be removed so 4,000 could stand inside; another 25,000 were outside listening to loudspeakers. In Timisoara more than 35,000 stood for hours outside the packed Orthodox cathedral waiting to greet the evangelist. Hope Baptist Church in Arad seats 950 but managed to jam nearly 2,500 inside, with 30,000 more scattered on rooftops, on balconies, and in the streets throughout a four-block area, where loudspeakers had been hung from trees. In 1982, in a church seating only 400 in Bratislava, Czechoslovakia, his audience of 1,200 had to take turns breathing. In Seoul, South Korea, more than 1 million people gathered at a single service to hear the message of Billy Graham.

"My sermons are simple, but so was Christ," Graham says. Man is in-



"My sermons are simple, but so was Christ," says Graham, whose words, nonetheless, have the power to fill such stadiums as Wanderers' Stadium in Johannesburg, South Africa (right).

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

nately sinful, he teaches, but all his sins were atoned for in the moment Christ died on the cross. To find peace of heart and mind, therefore, all that is required of him is that he repent of his sins, put his trust in Christ, and work for Him thereafter in the body of His church. To the frightened, the floundering, and those clutching for a rock to cling to, this has been a message of love and hope.

A simple message, carried by a dairyman's son from North Carolina with little formal theological education, yet around the world Billy Graham is a religious figure only slightly less well-known than the Pope. He functioned in the role of unofficial White House chaplain through several successive administrations. He has been given enough awards to sink a battleship, and his honors run the gamut from Clergyman of the Year and one of the Ten Most Admired Men in the World to Greatest Living American. He has accepted more than 20 honorary degrees and refused as many more.

An eminent theologian attributes Billy Graham's impact on the 20th century to his "charismatic personality." This implies far more than saying he is a man of great personal magnetism. Charisma, by definition, is a spiritual talent, regarded as divinely granted to a person as a token of grace and favor, giving to the recipient a supernatural power to inspire enthusiastic popular support.

The evangelist accompanies emergency-relief supplies sent by the Billy Graham Evangelistic Association to aid an Indian village destroyed by a tidal wave.

Who on earth can judge Billy Graham's contribution to his millions of neighbors the world over? Of his own work, he says, "The great crowds themselves are meaningless. The thing that counts is what happens in the hearts of men. The evangelist sows the seed, and much inevitably falls upon stony ground and bears no fruit. But if only a few seeds flourish, the results are manifold. After 3½ years of preaching to thousands of people, Christ could number only 120 followers at Pentecost. But those 120 changed the world."

Billy Graham's ministry continues to alter the world for the better, yet he is modest about its results: "What good my ministry has done I'll never know until I get to heaven," he says. "Then I may find that some obscure preacher working in a slum mission somewhere has done more to advance the kingdom of God than I."

In the meantime, heaven can wait. Also waiting is the rocking chair on the porch of that lovely Montreat retreat. In his zealous efforts to heal the sickness that afflicts the souls of mankind, the Rev. Mr. Graham seemingly hasn't stopped long enough to realize that his age qualifies him to hit that old rocker and to begin indulging his hobbies of golf, swimming, and jogging. But when a man of 67 driven by divine inspiration has the heart of a 30-year-old—well, you're apt to find him scheduling a Billy Graham Crusade in Washington, D.C., for the last of April and the first of May. . .another crusade in Paris. . .still another in Florida. . .and then there's Amsterdam '86, a conclave of 10,000 evangelists he will lead. . . .

(Above) Rumanians jam-pack a church in Arad to hear the words of the American Baptist. At home in North Carolina (right), Graham relaxes with his wife, Ruth.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

MY FATHER AND OTHER GOOD GUYS: PLASTIC SURGEONS ABROAD

In only one hour, a plastic surgeon can turn a harelipped child with an uncertain future into a beautiful baby with hope for a normal life. It is a magic that is welcome almost anywhere on earth.

by Mary Blocksma

Thirty-seven years ago, when America boasted fewer plastic surgeons than states in the Union, one of them—a spiffy, 5′ 10″ adventurer—arrived at the Karachi airport in West Pakistan. He was accompanied by his elegant wife, Ruth; three shy children under the age of seven—Mary, Dewey, and Julia; his sister-in-law, Frieda Enss; and supplies for a new hospital, carefully crated and stenciled: **Dr. Ralph Blocksma, c/o United Christian Hospital, Lahore, West Pakistan.**

It may have been a historic moment. As far as I can determine, Ralph Blocksma was the first plastic surgeon to venture professionally into the Third World. Even if he wasn't, I was amazed to be there, the oldest of the wide-eyed children, peering through the mountains of marigolds we were eagerly welcomed with.

Dr. Blocksma poses with a post-op patient in the British Virgin Islands—another abnormal face replaced by a happy one.

On a rare break from work, circa 1949, the surgeon goes butterfly hunting with his family, in Murree (author is front left).

The cool blossoms around my neck were a startling contrast to the oppressive heat. Aggressive beggars, mostly children, swarmed upon us, shouting. The very air seemed to shout, the open sewer system easily announcing itself through the garlands' pungency.

We'd never seen, heard, or smelled anything like it in Grand Rapids, Michigan, the shipshape community we'd come from. As we were driven through the crowded streets of Karachi, I expect dad must have wondered if he shouldn't have stayed at home. The dismay was surely complete when we reached Lahore and Dr. John Vroon, the missionary who had invited us, showed us the United Christian Hospital. Lacking equipment, beds, even bedpans, the former college dormitory did not remotely resemble a hospital.

Considering the times, the hospital's condition was not surprising. In 1949, the nation of Pakistan was only two years old. Seven million Hindus and Sikhs had left the area for India, and 6 million Muslims had come in. Not only was there heartbreaking bloodshed, disease, disfigurement, and death, but the leaders of the area had gone—the doctors, nurses, politicians, and bureaucrats had been mostly Sikhs and Hindus. What remained was chaos.

Enter my mother's sister, the administratrix of this hospital-to-be. Frieda Enss was, to use one of her favorite phrases, one smart cookie. Her no-nonsense approach was so unexpected that most people were too startled to oppose her. (They never saw her, as we children did, helpless with laughter as she improvised bedtime fairy tales, or weeping as she searched for shoe-box coffins for the bodies of newborn infants—usually girls—fished from the nearby canal.)

Without even a typewriter, Frieda helped staff the hospital, start the nursing school, and unsnarl red tape. She made things appear out of thin air, it seemed. (Her adding machine—when she finally got equipment—made such a hit in Lahore that its American company had to set up a local repair shop.)

My father was so inundated with work that he couldn't limit himself to plastic surgery, much less to running

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

a hospital. Working frantically with Dr. Vroon to care for the worst cases, he was frequently forced into heartrending decisions.

"I went down the line at the United Christian Hospital to pick out the people whose lives I felt I could save," he says. "If there was one guy that would take me five hours to do and there were three others that I could do in an hour and a half, I'd let the guy die who required five hours, because that way I could save more lives."

Meanwhile, our family moved into a bungalow, which was—to my eyes—a mansion, spreading cream-white into large gardens and surrounded by a six-foot hedge. Our pansy-lined driveway, boisterous with parrots, swept up to a veranda where hornets hummed along with an old Singer that our tailor ran with his toes. Inside our home, I was allowed to rollerskate down the long, cool hallways.

I felt like a fairy-tale child who, having shown unexpected compassion, had turned into a princess. My brother and my sister were fine, too. At six, Dewey was soon playing marbles with the boys and two-year-old Julia charmed everyone in sight.

Even mother thrived. With natural and unquestioned authority, she took over a household of servants—we had five—and her children's education, and taught us herself. Beauty and a refined character did not stop her from cheerfully "making do" or showing unusual sensitivity to the local customs.

Cleft-lip surgery, often done by surgeons abroad, can produce dramatic results, as before and after photos of a West Pakistani patient show.

As more doctors and nurses were trained, my father began concentrating more on cases that required plastic or orthopedic surgery. Problems rare in the West were often epidemic—many of them birth defects. There were so many cleft lips and palates—that awful hole in the face called a "harelip"—that my father would sometimes do 12 in one day.

He also held a special clinic for clubfeet—some so twisted that patients walked on the backs of their ankles. "Sometimes I had to lengthen the Achilles tendon and take a wedge out of the bone," he says. "I rotated the whole foot around and fused it into a new position." He did hundreds of these operations, with the help of Campbell's *Orthopedics*, a tome that came second only to the Bible.

Infections caused many more deformities. Dad balanced the paralyzed limbs of polio victims, did extensive bone grafting on spines painfully twisted by tuberculosis, and excised tumors that mushroomed on top of heads or hung from the genitals to the knees. He did whatever he could for the sad victims of cancrum oris, a condition caused by infection that caved in children's faces.

The most horrifying to me of the third group—trauma—was the maiming of women. In some cases a husband would punish his wife for even suspected infidelities by slicing off her nose and, if he was sufficiently annoyed, her ears and lips as well. Taking such revenge on an enemy's family was not uncommon, either, and in such troubled times there were many of these faceless women.

Clubfeet that walked on the tops instead of the soles were made straight by Dr. Blocksma's surgery.

Newly trained doctors and nurses at the United Christian Hospital in Lahore freed Dr. Blocksma (center) to concentrate on plastic surgery—a necessity, for many Pakistanis had been disfigured by war, birth defects, and disease.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Despite his work load, dad never just "did" these cases. Each one had to be just right. Sometimes, using clay, he molded a nose directly on a woman's face, to see what shape might look good on her, or he made a mold of her face.

Once, he tried a plastic moulage on my brother before applying it to a patient. Dad gave Dewey a straw to breathe through, carefully spread the plaster over his face, and let it dry. But when he peeled the mask off, he yanked out all Dewey's eyelashes.

"Your mother was madder'n a hornet!" dad says with a laugh now.

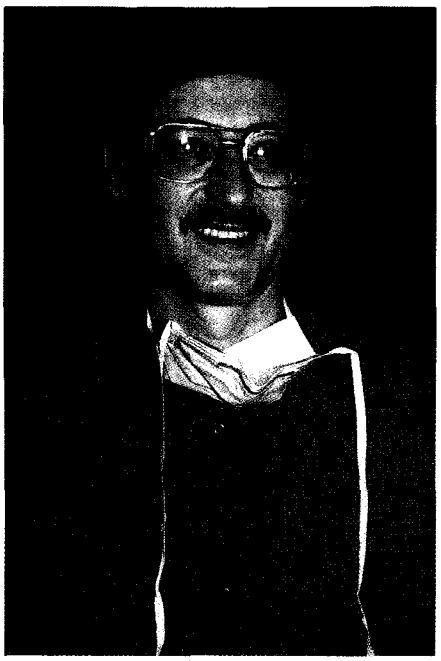
• • •

It took more than family, though, to help with the complex hand problems. Dad says: "We saw people hacked up by swords because they had held their arms up to defend themselves from attack. People had their hands cut off, tendons severed, fractures that were maltreated or had never been treated at all."

The situation was so awful that he wrote to one of the best hand specialists he knew, Dr. William L. White, sent him pictures, and invited him to spend a month in Lahore.

The eminent plastic surgeon wrote back, "In Pittsburgh we'd amputate the lot." Nevertheless, Willie White, as we called him, came. He operated every day for a month.

"I had two tables in the operating room," dad says. "One table was just for Willie doing hands. I'd help him for a while and then I'd drop out and maybe repair a cleft lip. After a while I'd come back and work for a bit before I'd drop out and, oh, resect a bowel on another table."



Dr. Ian Jackson, the head of plastic surgery at Mayo Clinic, travels to Peru and Barbados to work on "the most hopeless cases."

The emotional and physical toll of such work, often performed in temperatures over 110 degrees, led dad to take an occasional week or two off. During these times, he would visit the family in Muree, our summer mountain retreat. We would chase butterflies through the pines and play ring toss with other vacationing families over a rickety net in front of the old converted barracks, where we all lived.

The first time we toiled up the steep hill in the '49 Ford, stopping every time the engine boiled over, we were puzzled by many ill persons struggling or being carried along the road in our direction. The news of my father's coming appeared to have flashed almost telepathically up the mountain—there were no telephones—and our arrival was greeted by a crowd of patient, suffering persons who could not be ignored and whose numbers increased daily.

Sometimes the only doctor in the area, dad delivered babies, even doing surgery on a missionary's wife while she lay on her own kitchen table. Once, having gashed himself on a can of Ostermilk for Carter (his youngest child, just born), he put four sutures in his left hand with his right. The wound healed fine.

"Lucky I had a good surgeon," he wrote wryly in a letter to his sister.

For nearly five years I walked this world of disfigured people. They were not just lined up in and around the hospital. They were a highly visible part of the population.

It did not especially upset me. It was, as far as I knew, the way the world was. And a plastic surgeon's job, as far as I knew, was to put as many of them back together as he had time for. I simply was grateful not to be one of them.

Upon our family's return to Michigan, I was asked whether my nose had been "fixed" by my father. I had never heard of a "nose job," or a face-lift, or any other cosmetic procedure. A plastic surgeon did not, to my knowledge, improve noses—he made them from scratch!

In the 30-odd years since our return in 1954, my father has frequently paid his own way to operate and teach plastic surgery around the world. Until recently, I was unaware that others were doing it, too. Most magazines I read gave the impression that today's plastic surgeon is concerned only with cosmetic surgery; that he is invariably a Dr. Big Bucks, a kind of oracle at the fountain of youth.

My father could name only six plastic surgeons who worked regularly in the Third World. Six, I thought,

On his recent mission to Colombia, South America, Dr. Mark Gorney of San Francisco had to sandwich surgery to aid deformed children between episodes of revolutionary unrest and a major volcanic eruption.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

was a shabby representation for a profession of 2,700 members. But the longer I investigated, the more the numbers increased.

Dr. Michael Gerber, the American representative of the African Medical Relief Foundation (AMREF) in New York, informed me that Dr. Thomas Reese, known to many as "plastic surgeon to the jet set," has spent at least one month a year for the last 28 years in East Africa. There he repairs burns, cleft palates, and many other afflictions similar to those my father had seen in Pakistan.

"AMREF was started in Nairobi, Kenya, in 1957 by three plastic surgeons," Dr. Gerber explained. "One was Sir Archibald McIndoe from Great Britain, and the others were two young doctors under him, Tom Reese and Michael Wood."

These "flying doctors" reached previously isolated areas by air. Today 15 hospitals in East Africa are served by a general surgeon as well as by Bill Adams-Ray, a Swedish plastic surgeon who has been flying the circuit full-time for nearly five years.

"He'll leave Nairobi at 7:30 in the morning," Dr. Gerber said, "fly someplace, and two hours later he'll be operating. He'll operate all day long for the next two or three days, fly someplace else, work under the most adverse conditions you can imagine, and get back on Friday afternoon." Dr. Adams-Ray does about 600 procedures a year—three times the American average—for "less than $30,000."

Dr. Edward Falces (left), cofounder of The Reconstructive Foundation (with Dr. Mark Gorney), performs plastic surgery on a leprosy patient in Brazil.

The next person on my list, Dr. Ian Jackson, headed the plastic-surgery unit at the famed Mayo Clinic. "I've made three trips to Peru and more to Barbados," he said with a Scottish burr. "We work mainly on patients with deformities of the skull, orbits, and face, the most hopeless cases."

Dr. Jackson has been building facilities in Barbados, often at his own expense; on his last trip, his team saved the Barbadian government between $80,000 and $100,000. But Dr. Jackson's surgical contributions were not the reason I had called him. "I understand you've adopted a Peruvian Indian child with a cleft lip," I said.

"No," he answered. "David had lost his whole face." He referred me to his wife, Margery, who had just written a book about David.

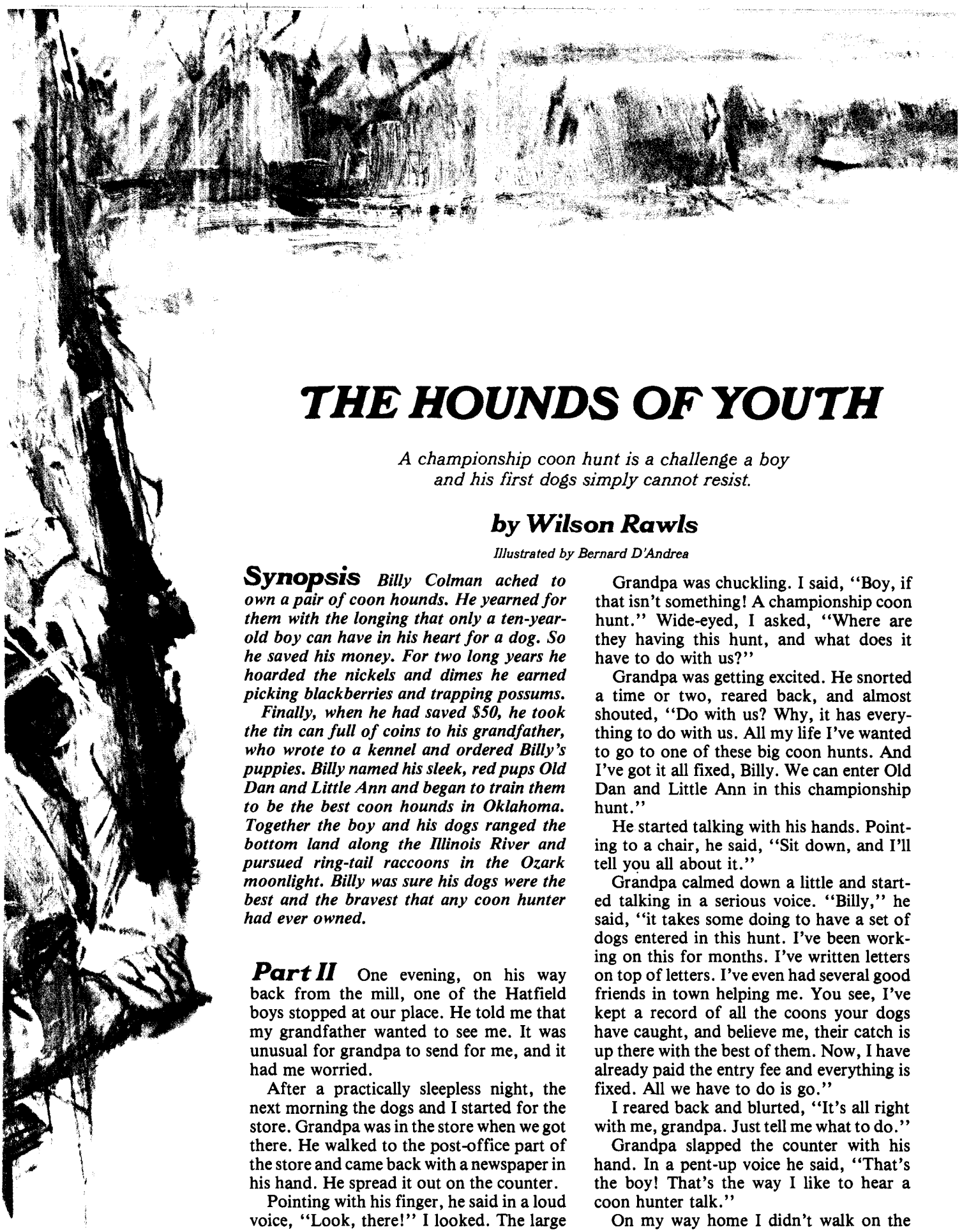
Margery Jackson explained that David had lost all of his palate, nose, upper lip, and jaw to leishmaniasis, common in South America. By the time she took him into their Glasgow, Scotland, home, all that was left in his face were two beautiful, big brown eyes and a hole where his mouth had been. The four Jackson children, the youngest of whom was seven, had seen deformities before, but they had never seen anything like

continued on page 102

(Left) Mrs. Soledad Fernandez' 36-pound tumor was too much for Philippine hospitals to handle. With funds raised by Operation Smile, she was flown to the U.S. for surgery. (Above) Dr. William P. Magee, Jr., shows a happy Mrs. Fernandez the results.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



THE HOUNDS OF YOUTH

A championship coon hunt is a challenge a boy and his first dogs simply cannot resist.

by Wilson Rawls

Illustrated by Bernard D'Andrea

Synopsis ***Billy Colman ached to own a pair of coon hounds. He yearned for them with the longing that only a ten-year-old boy can have in his heart for a dog. So he saved his money. For two long years he hoarded the nickels and dimes he earned picking blackberries and trapping possums.***

Finally, when he had saved $50, he took the tin can full of coins to his grandfather, who wrote to a kennel and ordered Billy's puppies. Billy named his sleek, red pups Old Dan and Little Ann and began to train them to be the best coon hounds in Oklahoma. Together the boy and his dogs ranged the bottom land along the Illinois River and pursued ring-tail raccoons in the Ozark moonlight. Billy was sure his dogs were the best and the bravest that any coon hunter had ever owned.

Part II One evening, on his way back from the mill, one of the Hatfield boys stopped at our place. He told me that my grandfather wanted to see me. It was unusual for grandpa to send for me, and it had me worried.

After a practically sleepless night, the next morning the dogs and I started for the store. Grandpa was in the store when we got there. He walked to the post-office part of the store and came back with a newspaper in his hand. He spread it out on the counter.

Pointing with his finger, he said in a loud voice, "Look, there!" I looked. The large black letters read, "Championship Coon Hunt to Be Held." My eyes popped. Again I read the words.

Grandpa was chuckling. I said, "Boy, if that isn't something! A championship coon hunt." Wide-eyed, I asked, "Where are they having this hunt, and what does it have to do with us?"

Grandpa was getting excited. He snorted a time or two, reared back, and almost shouted, "Do with us? Why, it has everything to do with us. All my life I've wanted to go to one of these big coon hunts. And I've got it all fixed, Billy. We can enter Old Dan and Little Ann in this championship hunt."

He started talking with his hands. Pointing to a chair, he said, "Sit down, and I'll tell you all about it."

Grandpa calmed down a little and started talking in a serious voice. "Billy," he said, "it takes some doing to have a set of dogs entered in this hunt. I've been working on this for months. I've written letters on top of letters. I've even had several good friends in town helping me. You see, I've kept a record of all the coons your dogs have caught, and believe me, their catch is up there with the best of them. Now, I have already paid the entry fee and everything is fixed. All we have to do is go."

I reared back and blurted, "It's all right with me, grandpa. Just tell me what to do."

Grandpa slapped the counter with his hand. In a pent-up voice he said, "That's the boy! That's the way I like to hear a coon hunter talk."

On my way home I didn't walk on the ground. I was way up in the clouds, just skipping along. With a song I told the sycamore trees and the popeyed gray squirrels

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

how happy I was.

When I reached the house, I told papa all about it and that we were to go in grandpa's buggy and that I wanted papa to go with us.

I waited in silence for his reply. Papa sat there staring off into space and sipped his coffee. Finally he said, "I'd sure like to go, but I don't see how I can with all this work around here, and your mother and the girls."

"Why, don't worry about the girls and me," mamma said. "We'll be all right. Besides, it'll be several months yet before I need any help."

When mamma said this, it dawned on me. I had been so busy with my coon hunting I hadn't noticed anything unusual. Mamma's tummy was all swelled up. She was going to have a baby. I felt guilty for not having noticed. I went over and put my arms around her and kissed her.

I saw a pleased smile spread over papa's face. He stood up. "All right, I'll go," he said, "and by golly, we'll bring the gold cup back too."

The morning of the 22nd finally dawned. After a good breakfast, we kissed mamma good-by and started for the store. When we reached the store, we saw the team was already hitched to the buggy. Grandpa had loaded the tent and several boxes of groceries.

Late that evening we reached Bluebird Creek. We made a lean-to and built a large fire out in front of it. While grandpa fed and watered the team, papa and I carried our bedding to the shelter and made down our beds.

Grandpa said, "While we're cooking supper, you see to your dogs. Feed them and fix them a warm bed."

With supper over and the dishes washed, grandpa said, "Well, we had better turn in. I want to get an early start in the morning."

• • •

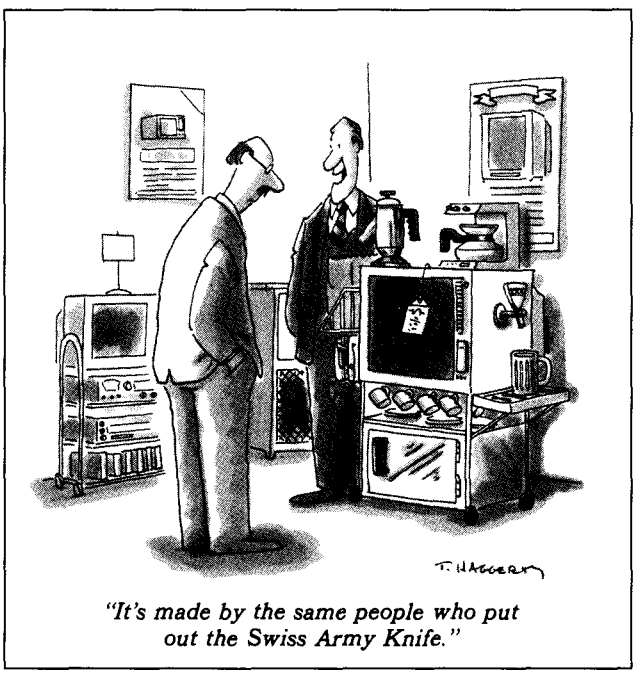
Breakfast over and our gear stowed back in the buggy, we left Bluebird Creek. On that day grandpa drove a little faster than he had on the previous one. I was glad of this, for I was anxious to reach the campground.

When we came in sight of the camp, I couldn't believe what I saw. I stared in amazement. I had never seen so many people at one gathering. Tents were spread out over an acre and a half of ground; all colors, shapes, and sizes. There were odd-looking cars, buggies, wagons, and saddle horses.

I heard grandpa say almost in a whisper, "I knew there would be a lot of people here, but I never expected so many."

Off to one side of the camp, under a large black-gum tree, we set up our tent. I tied my dogs to the buggy and fixed a nice bed for them under it.

I started walking through the large camp. Everyone was friendly. I looked at the hounds. They were tied in pairs here and there. I had seen many coon hounds, but none that could equal these. They were redbones, blueticks, Walkers, and bloodhounds. I marveled at their beauty. All were spotlessly clean with coats slick and glossy. I saw the beautiful leather leashes and the brass-studded collars.



"It's made by the same people who put out the Swiss Army Knife."

I thought of my dogs. They were tied with small cotton ropes and had collars made from old check-line leather.

Walking back through the camp, I could feel the cold fingers of doubt squeezing my heart. One look at my dogs drove all doubt away. In the eyes of Little Ann, it seemed, I could read this message: "Don't worry. Just wait. We'll show them."

The next day the head judge stepped up on the long table in the center of the camp. He shouted, "Over here, men! I have some announcements to make."

We all gathered around.

In a loud voice he said, "Gentlemen, the contest will start tonight. I'm sure most of you men have been in these hunts before. For those of you who haven't, I will explain the rules. Each night five sets of dogs will be taken out to hunt. A judge will go along with each pair of hounds. Every morning the judges will turn in that night's catch. The two hounds that tree the most coons will qualify for the championship runoff. The other four sets will be eliminated from the hunt. Of course, if there is a tie, both sets will qualify. On the following nights, only those hounds tying the first night's score, or getting more, will be in the runoff.

"Twenty-five sets of hounds have been entered in the hunt. In this box I have 25 cards. Everyone in the contest will now line up for the drawing. The card you draw will tell you what night your hounds are to hunt."

When it came my time to draw, my hand was shaking so hard I could hardly get it in the box. Pulling the card out, I saw I had drawn the fourth night.

• • •

In the afternoon of the fourth day, our judge came over and introduced himself. He told us he'd be going with us that night. About sundown we piled into our buggy and drove a few miles down river. I noticed other hunters doing the same thing. Everyone was trying to get away from the already hunted territory.

It was dark by the time grandpa stopped. I untied the ropes from my dogs. Little Ann reared up on me and whined. Old Dan walked off a few yards, stretched his body, and dragged his claws through the soft bottom soil. Opening his mouth, he let out one loud bawl and then disappeared in the thick timber. Little Ann was right on his heels.

We walked on. Every now and then we would stop and listen. I could hear the loud snuffing of Old Dan. Once we caught a glimpse of Little Ann as she darted across an opening bathed in moonlight. She was as silent as a ghost and as quick as a flitting shad-

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

ow. Then we heard her bell-like cry.

In a whisper I said, "Come on, Dan. Hurry and help her."

As if in answer to my words, his deep voice hammered its way up through the river bottom.

The coon was running up river toward our campground. We turned and followed. Then the coon crossed the river and continued on upstream. Soon my dogs were out of hearing distance. Twenty minutes later we heard them coming back. We stopped.

"I think they have crossed back to our side," I said.

A few minutes later I heard my dogs bawling "treed." On reaching the tree papa ran his hand back under his coat. He pulled out grandpa's gun.

At the crack of the gun the coon gave a loud squall and jumped. My dogs lost no time in killing him. We skinned the coon and soon were on our way again.

The next time my dogs treed, they were across the river from us. Finding a riffle, we crossed over and finished him off.

The judge looked at his watch. "It's after three o'clock," he said. "Do you think they'll tree another one?"

As if to throw the words back in the judge's face, Old Dan opened up. I stood up and whooped. "Whoo-e-e! Get him, Dan! Get him! Put him up a little tree."

My dogs had jumped the coon in swampland. The coon tore out for the river bottom. I could tell they were close to him by their fast bawling. All at once their baying stopped. We stood still and listened. Old Dan bawled "treed" a few more times and then stopped.

Coming up to my dogs, we saw they were working up and down an old rail fence. We stood and watched. Every now and then Old Dan would rear up on a large hackberry tree that was standing about seven feet from the fence and bawl "treed."

As yet Little Ann had not bawled the tree bark. We watched her. She was working elsewhere. She climbed up on the rail fence and followed its zigzag course until she disappeared in the darkness. I told papa I was sure the coon had walked the rail fence and in some way had fooled my dogs.

At that moment the loud clear voice of a redbone hound, bawling "treed," rang through the river bottom. It was the voice of Little Ann.

"Let's go to them," grandpa said.

"No, wait a minute," I said.

"Why?" he asked.

"Wait till Old Dan gets there," I said. "It's daylight now, and if we walk up to the tree, the coon will jump out. It's hard to keep a coon in a tree after daylight. Let's wait until Old Dan gets there. Then, if he jumps, he won't have a chance to get away."

"The boy's right," the judge said. "It's hard to keep a coon in a tree after daybreak."

"That's it, men. . .the lieutenant says, effective immediately, all warning shots are to be fired into the ground."

Just then we heard Old Dan. His deep voice shattered the morning silence. Searching for the lost trail, he had crossed the fence and worked his way out into an old field. Turning around, we saw him coming. He was a red blur in the gray morning shadows. Coming to the rail fence, and without breaking his stride, he raised his body into the air. After halfway over and while still in the air, he bawled.

Hitting the ground with a loud grunt, he ran past us. Everyone whooped to him. Ahead was a deep washout about ten feet wide. On the other side was a canebrake. His long, red body—stretched to its fullest length—seemed to float in the air as he sailed over it. We could hear the tall stalks rattling as he plowed his way through them. A bunch of sleepy snowbirds rose from the thick cane, flitted over, and settled in a row on the old rail fence.

Nearing the tree, we could see it was a tall sycamore. There, high in the top, was the coon. Grandpa threw a fit. He hopped around whooping and hollering. He threw his old hat down on the ground and jumped up and down on it. Then he ran over and kissed Little Ann right on the head.

After we killed and skinned the coon, the judge said, "Let's walk back to that old fence. I think I know how the old fellow pulled his trick.

"The coon walked out on that hackberry limb," he said, "leaped over, and caught the sycamore limb. Repeating this from tree to tree, he worked his way far out into the river bottom. What I can't figure out is how that hound found him."

Gazing at Little Ann, he shook his head and said, "I've been hunting coons and judging coon hunts for 40 years, but I've never seen anything like that."

He looked at me. "Well, son," he said, "you have tied the leading teams. There's only one more night of eliminations. Even if some of them get more than three coons, you will still be in the runoff, and from what I've seen here tonight, you have a good chance of winning the cup."

I walked over and knelt down beside Little Ann. The things I wanted to say to her I couldn't because of the knot in my throat, but I'm sure she understood.

As we came into the campground, the hunters came out of their tents and gathered around us. The judge held up the three big coon hides. There was a roar from the crowd.

On the last night of the eliminations, none of the judges turned in more than two hides.

That day, about noon, the owners of the other winning teams and I were called for a conference with the head judge. He said, "Gentlemen, the eliminations are over. Only three sets of hounds are left for the runoff. The winner of tonight's hunt will receive the gold cup. If there is a tie for the championship, naturally there will be another runoff."

He shook hands with each of us and wished us good luck.

Later we climbed into grandpa's

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

buggy and headed for the swamp. It was dark by the time we reached it.

Grandpa handed papa his gun, saying, "You're getting to be a pretty good shot with this thing."

"I hope I get to shoot it a lot tonight," papa said.

Under my breath I said, "I do too."

It was Little Ann who found the trail. Before the echo of her sharp cry had died away, Old Dan's deep voice floated out of the swamp. The coon broke out of the swamp and headed for the river. Listening to my dogs, I could tell they were close to him. I said to papa, "I don't think he'll ever make it to the river. They're right on his heels now."

By the time we had circled the swamp, they were bawling "treed."

The judge said, "Boy, that was fast."

My dogs had treed the coon in a tall ash that stood about 50 yards from the river. We spied the coon in the topmost branches. At the crack of the gun he ran far out on a limb and jumped, then ran for the river. The coon was just one step ahead of my dogs as they all hit the water.

Running over, we stood and watched the fight. The coon was at home in the river. He crawled up on Old Dan's head and tried to force him under. Before he could do it, Little Ann reached up and pulled him off.

Grandpa was scared and excited. He was jumping up and down, whooping and hollering.

Round and round in the deep water the fight went on. The coon climbed up on Old Dan's head again and sank his teeth in one of his long, tender ears. Old Dan bawled with pain. Little Ann swam in and caught one of the coon's hind legs in her mouth. She tried hard to pull him off. All three disappeared under the water. I held my breath.

The water churned and boiled. All three came to the top about the same time. The coon was between the bank we were standing on and my dogs. He swam toward us. They caught him again, just as he reached shore. He fought his way free and ran for a large sycamore. Old Dan caught him just as he started up. I knew that was the end of the fight.

After it was all over and the coon had been skinned, grandpa said, "I hope we don't have to go through that again tonight. For a while I sure thought your dogs were goners."

The judge said, "Well, have you ever seen that? Look over there!"

Old Dan was standing perfectly still, with eyes closed and head hanging down. Little Ann was licking at his cut-and-bleeding ears.

"She always does that," I said. "If you'll watch, when she gets done with him, he'll do the same for her."

"The movie is never as good as the book. I think I'll give up reading altogether."

We stood and watched until they had finished doctoring each other. Then, trotting side by side, they disappeared in the darkness.

We followed along, stopping now and then to listen.

Looking up at the sky, papa said, "That doesn't look good up there. I think we are in for a storm."

The sky had turned a dark gray. Fast-moving clouds were rolling through the heavens. We heard a rattling in the leaves and underbrush. It was beginning to sleet. The air turned cold and chilly.

From far down river we heard the deep baying of a hound on a trail. It was Old Dan. Seconds later the rhythmlike crying of Little Ann could be heard. Swallowing the lump that had jumped up in my throat, I whooped as loud as I could. The ground was turning white with sleet. The storm had really set in. We hurried along.

Papa shouted above the wind. "I don't know if we can take much more of this."

The judge spoke up. "Fellows, I think we'd better go in," he said. "There's no telling where they are. They may have crossed the river."

Scared and knowing I had to do something, I said, "They're closer than you think, probably treed by now. You can't hear them for this wind." I begged, "Let's go a little farther."

"Billy, we couldn't find them," papa said. "You can't see or hear a thing. We had better start for camp. A man could freeze to death in this storm, and besides, your dogs will give up and come in."

"That's what has me worried," I cried. "They won't come in. They won't, papa. Little Ann might, but not Old Dan. He'd die before he'd leave a coon in a tree."

Papa was undecided. Making up his mind, he stepped away from the trees and said to the others, "I'm going on with him. You fellows coming or going back?"

He turned and followed me. Grandpa and the judge fell in behind him. By this time the ground was covered with a thin white layer of sleet. We kept slipping and falling. Once during a momentary lull of the storm I thought I heard the baying of a hound. I told my father I thought I had heard Old Dan.

A few minutes later papa stopped. He shouted to the judge, "Did you hear anything?"

"I thought I did, but I'm not sure," the judge said.

At that moment all of us heard the deep voice of Old Dan. "It sounds as if they're close," grandpa said.

We trudged on. Old Dan bawled again. The sound of his voice seemed to be all around us.

"The way that wind is whipping the sound through this timber," the judge said, "we'd be lucky if we ever found them."

Papa shouted over the roar of the wind, "We can't take much more of

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

this. We'll freeze to death."

The men were giving up. I felt the knot again as it crawled up in my throat. I closed my eyes and said a silent prayer and hoped for a miracle.

We heard a sharp crack and a loud crashing noise. A large limb—torn from a tree by the strong wind—fell to the ground. The sharp crack of the limb gave me an idea. Shouting to my father, I said, "Shoot the gun. If my dogs are close enough to hear it, maybe Little Ann will come to us."

Papa didn't hesitate. Pointing the gun high over his head, he pulled the trigger. The sharp crack rang out into the teeth of the storm. We waited. Just when I had given up all hope and had sunk to the lowest depth of despair—out of the white wall of driving sleet—my little dog came to me. I knelt down and gathered her in my arms.

Taking one of the lead ropes from my pocket, I tied it to her collar. I said, "Find him, little girl. Please find Old Dan."

Right then I didn't care about coons, gold cups, or anything. All I wanted was my dogs. I don't know how she did it. Straight into the face of the storm she led us. Time after time she would stop and turn her head this way and that. I knew she couldn't scent or see anything. Instinct alone was guiding her. Over a winding and twisting trail we followed. She led us into a thick canebrake. Falling and stumbling, we kept pushing on.

Grandpa shouted, "Hold up a minute. I'm just about all in."

We stopped. The judge spoke up, "Fellows, no dog is worth the lives of three men. Now let's do the smart thing and get out of here while we can."

Kneeling down, I put my arms around Little Ann. I felt the warm heat from her moist tongue caressing my ear. Closing my eyes, I said, "Please, Dan, bawl one more time, just one more time."

I waited for my plea to be answered. My father tried to talk above the wind, but his words were lost in the storm. Just before another blast—clear as a foghorn on a stormy sea—Old Dan's voice rang loud and clear. It seemed louder than the roar of the wind or the skeleton-like rustling of the tall, swaying cane.

I jumped to my feet. My heart did a complete flip-flap. The knot in my throat felt as big as an apple. I tried to whoop, but it was no use. Little Ann bawled and tugged on the rope. There was no mistaking the direction. We knew that Little Ann had been right all along. Straight as an arrow, she had led us to him.

Old Dan had treed down in a deep gully. I slid off the bank and ran to him. His back was covered with a layer of frozen sleet. His frost-covered whiskers stood out as straight as porcupine quills. I worked the wedges of ice from his body with my hands. Little Ann came over and tried to wash his face. He didn't like it. Jerking loose from me, he ran over to the tree, reared up on it, and started bawling.

"Are you out of your mind?"

Hearing shouting from the bank above me, I looked up. I could dimly see papa and the judge through the driving sleet with their backs to me. Catching hold of some long stalks of cane that were hanging down from the steep bank, I pulled myself up.

Papa shouted in my ear, "Something has happened to your grandfather."

Turning to the judge, he said, "He was behind you. Didn't you hear anything?"

"Hear anything?" the judge exclaimed. "How could I hear anything in all that noise? I thought he was behind me all the time and didn't miss him until we got here."

"Shoot the gun," the judge said.

Papa shot time after time. It was useless. We got no answer.

Little Ann came up out of the gully. She stood and stared at me. Turning, she quickly disappeared in the thick cane. Minutes later we heard her. It was a long, mournful cry. She didn't stop until we reached her.

Grandpa lay as he had fallen, face down in the icy sleet. His right foot was wedged in the fork of a broken box-elder limb. When the ankle had twisted, the searing pain must have made him unconscious.

Papa worked grandpa's foot free and turned him over. I sat down and placed his head in my lap. While papa and the judge massaged his arms and legs, I wiped the frozen sleet from his eyes and face.

Burying my face in the iron-gray hair, I cried and begged God not to let my grandfather die. Papa lifted him to a sitting position and told the judge to start slapping his face. Grandpa moaned and moved his head.

"He's coming around," papa said.

I asked papa if we could get him back to the gully where Old Dan was. I had noticed that there was very little wind there, and we could build a fire.

"That's the very place," he said. "We'll build a good fire, and one of us can go for help."

Papa and the judge made a seat by catching each other's wrists. They eased grandpa between them. By the time we reached the gully grandpa was fully conscious again and was mumbling and grumbling. After easing him over the bank and down into the gully, we built a large fire.

While papa and the judge made grandpa comfortable, I carried wood for the fire.

"There's no use standing around gawking at me," grandpa said. "I'm all right. Get the coon out of the tree.

continued on page 80

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

THE DIET IS CAST

An overweight wife decides to cut calories, and Greek-god hubby has to suffer.

by Maynard Good Stoddard

Illustrated by Don Trawin

I'm not sleeping well these days (or nights either, for that matter). I can trace the reason directly to the woman who took me—for better or for worse, I might add. Half my nights are devoted to stomach rumbles. I'm not talking about ordinary, after-tea musical gurgles; these are genuine bed shakers.

It all began when my wife ducked into the Spencer library to escape the rain. Thanks to her entrapment at the library among all those women's magazines, she came home all charged up to go on a diet. That was the good news: The bad news is that she was taking me along.

It began the next morning. I was sitting at the kitchen table and eating a dish of prunes—my drive-thru breakfast, as I call it (I'm not strong on eggs because you never know where they've been)—when she delivered a statement that set a record for profundity.

"The secret of longevity," she said, "is growing old."

It seems she was leading up to this three-day Cleveland Diet. As best she could remember, blood has to travel 18,000 extra miles for each pound a person is overweight—not only 18,000 extra miles but up hill, down dale, around lumps, and over humps. The route of one who adhered to this diet would be shortened by something like halfway around the world. She wasn't quite sure of the figures.

Although I've never had much confidence in a skinny cook, it was fine and dandy if she wanted to shorten the route of her blood by dumping a few pounds. And if she should shed enough pounds that my glasses wouldn't slip to the end of my nose every time she sat down beside me on the sofa, so much the better. But I failed to consider that when the wife goes on a diet it doesn't matter that her hubby's physique is the envy of the country-club locker room—he must face the same grapefruit-and-cottage-cheese fare of his overweight frau.

On the brighter side, Lois had already had more false starts than a greyhound race with a turpentined entry. The only way she could stick to a diet, I consoled myself, would be to have her taste buds removed. I gave her three-day diet a day and a half.

We bought the table upon which my wife now serves our normal evening mess (you can kick this around if you like; I'm in enough trouble as it is) when Shari was finally old enough to join Michael and Nikki in refusing to eat her spinach. It would nicely accommodate a banquet for King Henry VIII, dogs and all. And everything she served on the table that night would have easily fit into a sandwich bag.

"If you don't mind, I'll skip the hors d'oeuvres and get right to the nitty-gritty," I said. "Where's my knife?"

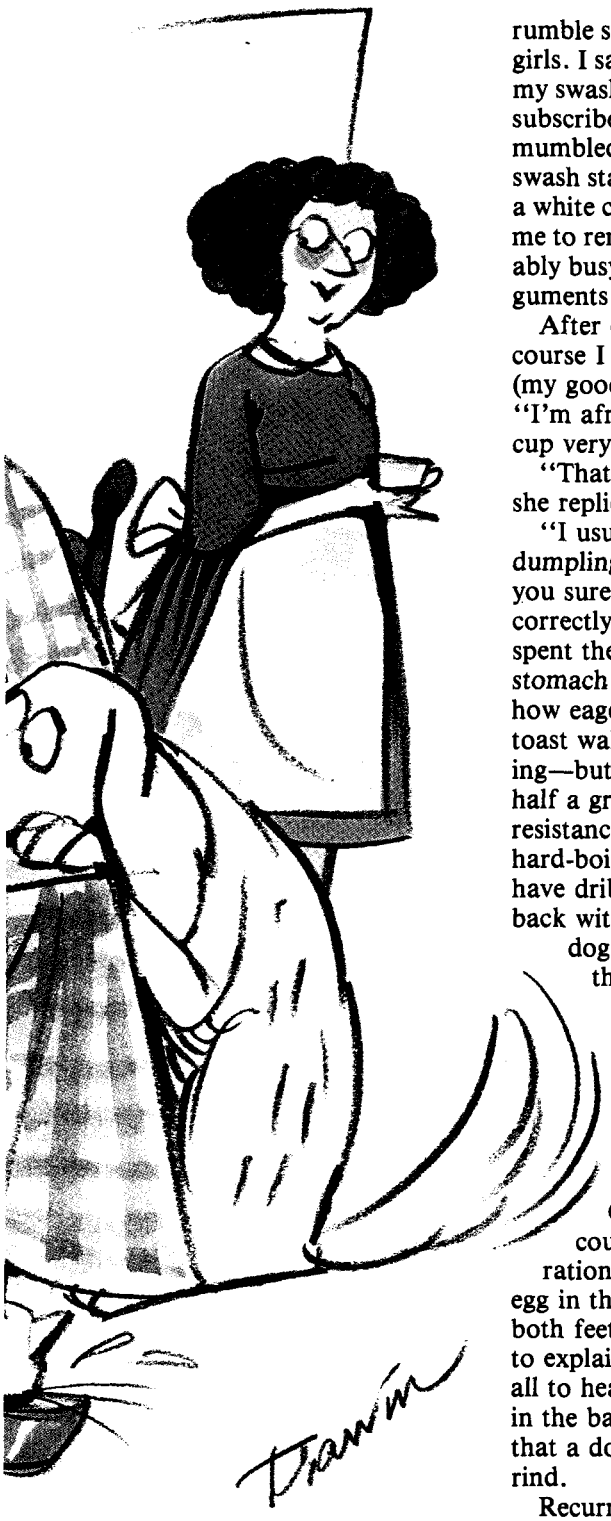
"This *is* the nitty-gritty," she responded. "And you won't be needing a knife."

She was right: Beets and green beans don't require a knife—nor does the "three full ounces of tuna" she pointed out. Three full ounces! No kidding? And here I had mistaken it for a plate decoration.

In an attempt to add gaiety to the situation I told her about the waiter who asked his customer, "How did you find your steak?" The diner replied, "Oh, I just looked under the parsley, and there it was." Her laughter, thank heaven, fell short of shattering the windowpanes.

Regaining control of herself, Lois reminded me that it was only a three-day diet. "It won't kill you," she said. I told her if she would get more exercise she could lose weight without running the risk of killing me. She said she was getting all the exercise she could handle just by letting out the back seam on my pants. I pointed out

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



that a few incidental pounds had in no way affected the swashbuckling properties of my youth; that the only difference between Errol Flynn (her hero) and me was that I didn't drive a Chevy coupe with a rumble seat and pick up high-school girls. I said further that if and when my swash began to buckle I might subscribe to a diet. She then mumbled something about my swash standing out in the crowd like a white cat in a blizzard. This led me to remark. . .but you're probably busy enough with your own arguments without listening to ours.

After completing the beet-bean course I peered into my cup and (my good nature restored) said, "I'm afraid you didn't wash this cup very well, light of my life."

"That's your ice cream, dear," she replied. "A full half-cup."

"I usually spill more than that, dumpling," I reminded her. "Are you sure you copied the diet correctly?" Only you who have spent the night listening to your stomach rumble will appreciate how eagerly I awaited the scraped-toast wake-up call the next morning—but instead of toast it was half a grapefruit. And the piece of resistance turned out to be an egg, hard-boiled to the point I could have dribbled it to the barn and back without leaving a dent—if my dog hadn't intercepted it on the way.

Not content with subjecting me to her starvation kick, Lois had decided that even Brutus was "too fat for his own good." Her cat, a perfect stand-in for Garfield, was just right, of course. Brutus, now on half rations, began begging for my egg in that cute way of his, putting both feet on my shoulders. I tried to explain to him, loud enough for all to hear, that my life already lay in the balance. I hadn't realized that a dog would eat grapefruit rind.

Recurring visions of a substantial Sunday dinner helped me make it through Saturday, the second day. Surely even the most stringent of diets would make some allowance for Sunday dinner.

"I'd better not go to church," I said weakly the next morning, after my half grapefruit and two full ounces of peanut butter. "My internal organs will surely drown out the preacher."

"Maybe he'll preach on how man doesn't live by bread alone," Lois wiseacred.

"Or how that crowd of 5,000 ate bread and fish until every last one was satisfied," I countered.

Too late, I've figured out that wives don't go on diets merely to lose weight. There's the no small matter of labor involved. How much sweat does it take the little(!) woman to prepare a feast consisting of a cup of cottage cheese and five crackers? So help me, that was it—five whole-wheat crackers and one lousy cup of cottage cheese!

"My mother used to cook a moose for Sunday dinner, for gosh sakes!" I announced over the roar of my rusted innards. "With a bushel of potatoes, 15 baked squash, and 22 heads of cabbage made into coleslaw. Dessert was a two-gallon freezer of ice cream, or a washtub full of glorified rice. And that was just her Continental Plan."

It must be that a person can gain weight from thinking too hard about food. When we hit the scales Monday morning, Lois had dropped from 154 to 146. I didn't do quite so well. My 175 pounds had decreased to 183.

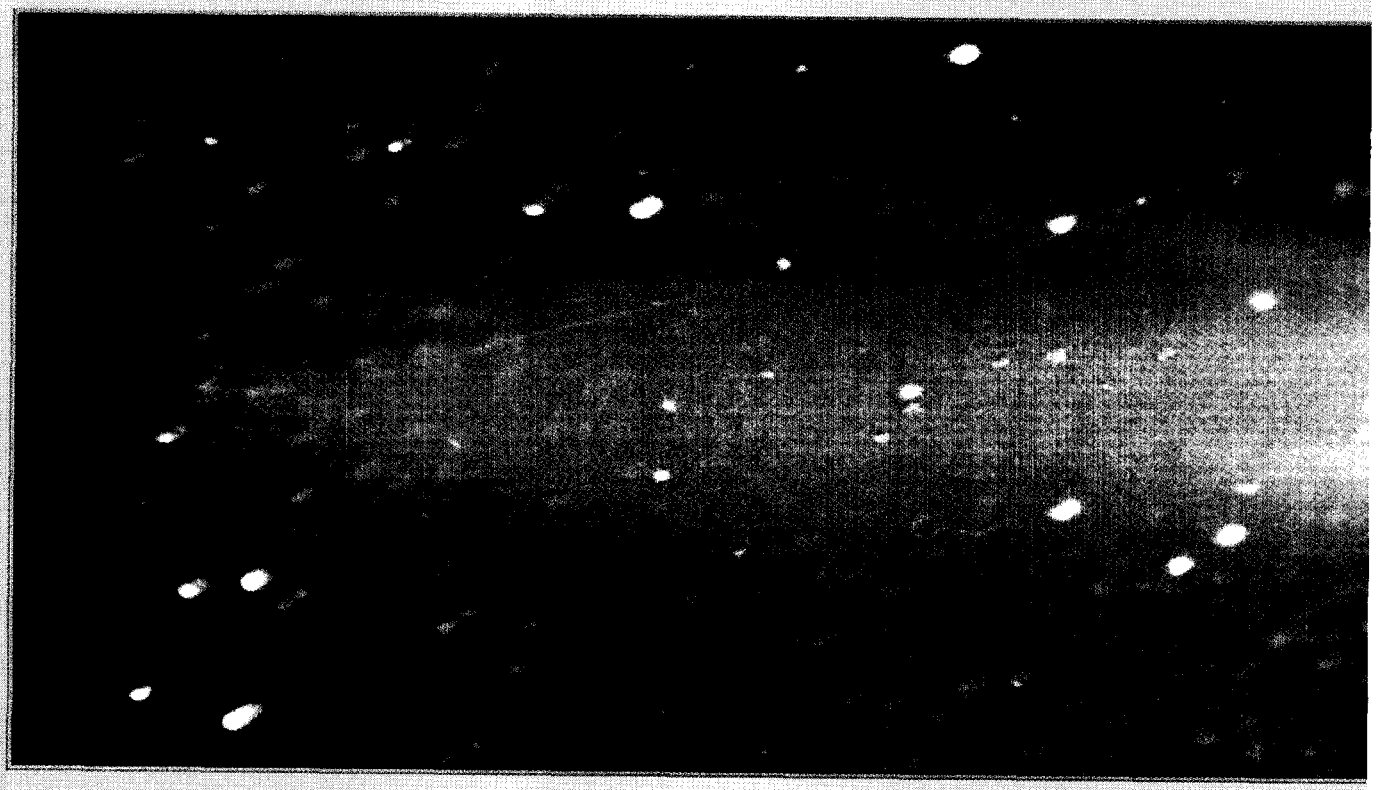
"How much did you lose?" Nosy asked, checking the mirror for confirmation that her girlish figure had been suddenly restored.

"According to this Prudential Life insurance chart you've tacked on the wall, my weight is right on target," I said. "My height may be off just a little, that's all."

She said I'd been cheating. I said I had had to put on my glasses to see the scales. If they weighed eight pounds I hadn't gained an ounce. And she said. . . .

But never mind—you probably haven't finished your own argument yet.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



A MOTE OF DUST

by Carl Sagan and Ann Druyan

Comet Halley is unique in our epoch—a bright, periodic, sometimes spectacular comet that sews the generations together.

© Tom Victor

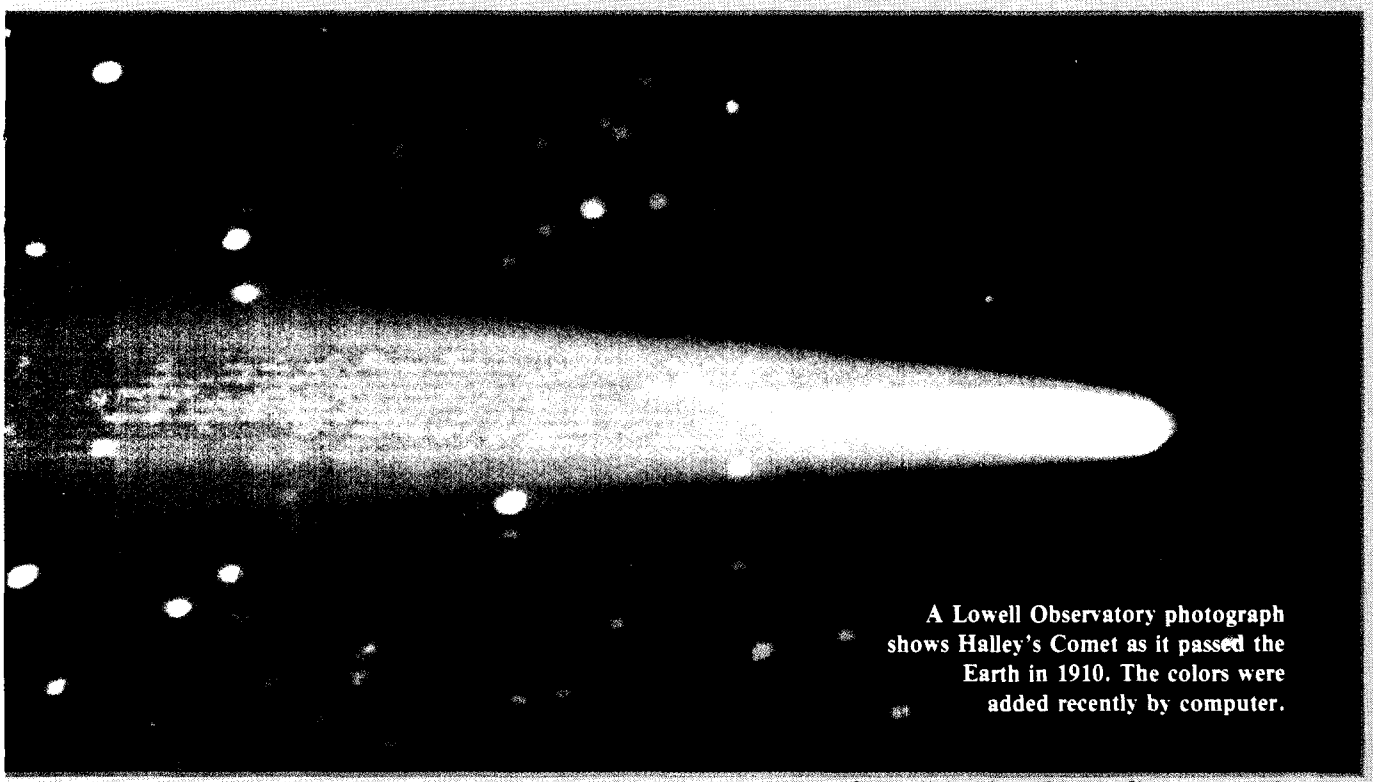
Astronomer Carl Sagan and writer Ann Druyan are coauthors of the book *Comet*.

Like hundreds of other little boys of the new century, I was held up in my father's arms under the cottonwoods of a cold and leafless spring to see the hurtling emissary of the void. My father told me something then that is one of my earliest and most cherished memories. "If you live to be an old man," he said carefully, fixing my eyes on the midnight spectacle, "you will see it again. It will come back in 75 years. Remember," he whispered in my ear, "I will be gone, but you will see it. All that time it will be traveling in the dark, but somewhere, far out there"—he swept a hand toward the blue horizon of the plains—"it will turn back. It is running glittering through millions of miles."

*I tightened my hold on my father's neck and stared uncomprehendingly at the heavens. Once more he spoke against my ear and for us two alone. "Remember, all you have to do is be careful and wait. You will be 78 or 79 years old. I think you will live to see it—for me," he whispered a little sadly with the foreknowledge that was part of his nature.**

Comet Halley is unique in our epoch—a bright, periodic, sometimes spectacular comet that sews the generations together, stitching back through history and forward into epochs to come, awakening us from the delusion that we exist separate from our past and our future, time-binding the human species. You look up and see Halley's Comet—through a pair of binoculars, perhaps—and you are looking at the same comet (or very nearly the same comet: the nucleus has lost many meters of ice since the perihelion passage of 1682) that Edmond Halley saw the summer after he and Mary Tooke were first wed. This is the comet all but one of

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



A Lowell Observatory photograph shows Halley's Comet as it passed the Earth in 1910. The colors were added recently by computer.

Courtesy National Optical Astronomy Observatory/Lowell Observatory

whose apparitions back to the year 239 B.C. were carefully noted by Chinese astronomers. It has been described on tablets, silk, bamboo paper, parchment, newsprint, and computer disks. This is the comet that cheered the !Kung hunter-gatherers and frightened nearly everyone else in all those cultures far-flung over the surface of the Earth and back at least millennia in time. We share this comet with many others.

A million years ago or so, as our ancestors were hunting game and figuring out how to build a house, a passing star sent a gravitational ripple through the cloud of comets that envelops the Sun, and a pristine small world of ice went careening in toward the Sun. Ten or 20,000 years ago, as our ancestors were dealing with the Wisconsin Ice Age, the comet finally arrived in the planetary part of the solar system, made a close encounter with one of the major planets, and began the conversion into its present orbit that now takes it, once each 76 years, closer to the sun than Venus is, and farther

Painting by Thomas Murray. Courtesy of The Royal Society of London

Mathematician Edmond Halley was the first to calculate the orbit of Halley's Comet.

* Loren Eiseley, *The Invisible Pyramid*, New York, 1970. We wish that Loren Eiseley had lived to see it.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

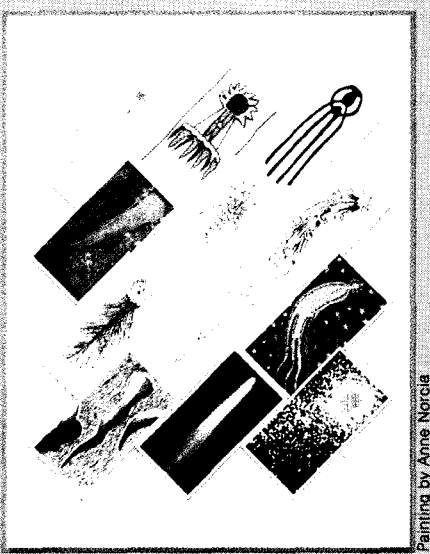
from the sun than Neptune. Every 76 years, more or less, for the last 10,000, this comet has swept by, captivating the inhabitants of the Earth and then vanishing into the night.

Seventy-six years is a few generations or less, and so Halley's Comet is a kind of metronome beating out the rhythm of human progress or decline. Its 1910 apparition was the first since the invention of the airplane and the last before nuclear weapons. We have lately arranged the means of our self-destruction, and there is a real question of how many humans will be left the next time Halley's Comet comes by the Earth, in July 2061.

The dangers that we face are part of the process, now well under way, of the unification of the planet—in language, culture, science, and commerce. They are both driven by the identical technological advances—this critical and delicate time coincides with the widespread availability of nuclear weapons. At the present rate of change, it seems likely that in the period between now and 2061, the turning point for the human species will have been reached.

If we survive until then, our passage to the next apparition of Halley's Comet should be comparatively easy. That perihelion passage will be in March 2134, when the comet will make an unusually close encounter with the Earth. It will come within 0.09 astronomical units or 14 million kilometers, less than half the distance of the 1910 encounter. It will then be brighter than the brightest star. If there are those to do the commemorating, the years 2061 and 2134 should be celebrated for the courage, intelligence, and common purpose of a species forced by urgent necessity to come to its senses.

As everyone knows, contending inclinations war within each of us—toward understanding, creativity, and growth, and toward chauvinism, violence, and fear. This battle, on which the fate of the world truly rests, can be illustrated even by a mote of dust: Consider the history of a certain speck of matter dancing in the air before you—formed, it may be, from material ejected billions of years ago by a star on the other side of the Milky Way galaxy; wandering for eons in the interstellar dark; gathered up into the forming solar nebula some 5 billion years ago; adhering to other similar grains in a lump of cosmic matter that eventually formed one of trillions of comets, probably in the vicinity of Uranus and Neptune; ejected out to the Oort Cloud; perturbed into the inner solar system, arriving a few thousand years ago; spewed off into the cometary tail, still encased in a particle of ice;



Painting by Anne Norcia

Observers have depicted comets in various ways throughout the ages.

wandering as a microplanet in interplanetary space; accidentally intercepted by the Earth a few years ago; gently settling through the Earth's atmosphere; and now bobbing in the air, illuminated by a sunbeam, and giving no hint of its epic cosmic voyage.

Now consider another mote of dust, a little larger but with a similar history: It streaks into the Earth's atmosphere and burns up, ionizing the surrounding air, while it itself is reduced to molecules and atoms. That bit of matter makes a meteor trail, glowing brightly for a moment, perhaps to the accompaniment of expressions of delight by onlookers below. But if you think hard enough, you can find a use even for a shooting star. The trail of ions that a meteor briefly leaves will reflect very high frequency (VHF) radio waves. Since at any given moment there are enormous numbers of meteor trails in the atmosphere—most too faint to be seen with the naked eye—they collectively provide a kind of reflecting surface surrounding the Earth, off which radio waves of the proper frequencies can be bounced. Since the duration of an individual ion trail is less than a second, the message must be sent very fast. This has led to a new field of technology called meteor-burst communications.

Every encounter of Halley's Comet has been an occasion to express hopes and fears. Almost ritually, it has been a time to pray. So for this apparition of Halley's Comet, we offer a prayer of our own: We live on a fragile planet, whose thoughtful preservation is essential if our children are to have a future. We are only custodians for a moment of a world that is itself no more than a mote of dust in a universe incomprehensively vast and old. May we therefore learn to act, before all else, for the species and the planet.

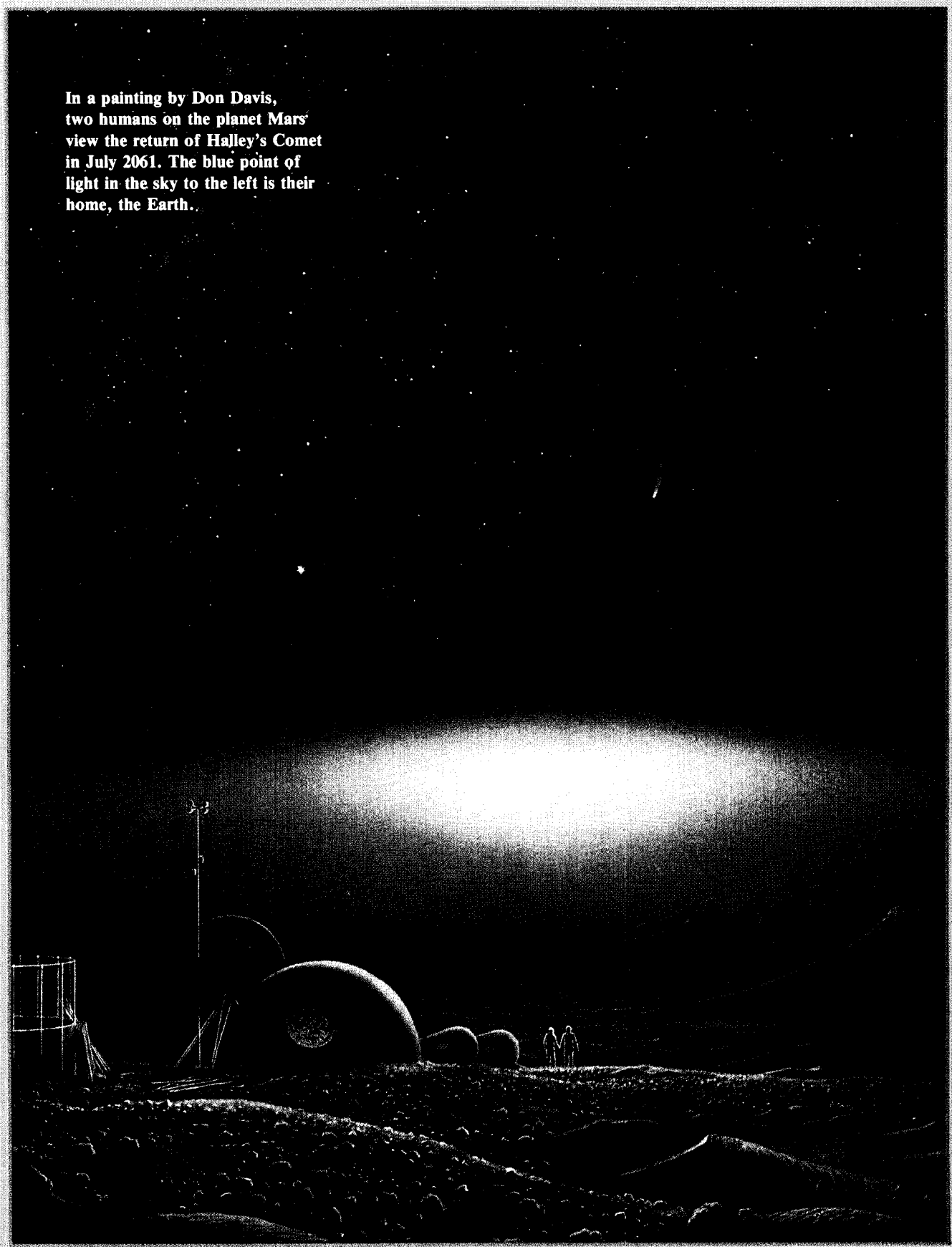
Then, for innumerable nights to come, there will be humans to witness the grandeur of the comets that grace the skies of Earth.

• • •

Comets approach the sun, flicker a few hundred times, and die like moths around a flame. But a vast repository of them waits at the periphery of the solar system. When the present configuration of continents is unrecognizably altered, when the Earth is engulfed by the expanding Sun, when, in its dotage, our star feebly illuminates the charred remains of this planet—then, even then, the skies will still be brightened as young comets, newly arrived from the interstellar dark, make their wild perihelion passages. When the rest of the solar system is dead, and the descendants of humans long ago emigrated or extinct, the comets will still be here. ▲

From the book Comet, *by Carl Sagan and Ann Druyan*
© 1985 with permission of Random House Company.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



In a painting by Don Davis, two humans on the planet Mars view the return of Halley's Comet in July 2061. The blue point of light in the sky to the left is their home, the Earth.

Painting by Don Davis

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

CHARLES SCHULZ: HOCKEY'S LATE BLOOMER

Wayne Gretzky he's not, but the creator of Charlie Brown and Snoopy is far from last among the quarter-million amateur players in this physically grueling sport.

by Bernie Ward

The World's Greatest Hockey Goalie trudged homeward after practice, hockey stick across his shoulder.

"Well, how was hockey practice?" Charlie Brown asked.

"I don't think the coach likes me," the World's Greatest Hockey Goalie mused, as he stowed away his stick. "I asked him what position he wanted me to play.

"He told me to go stand in front of the Zamboni."

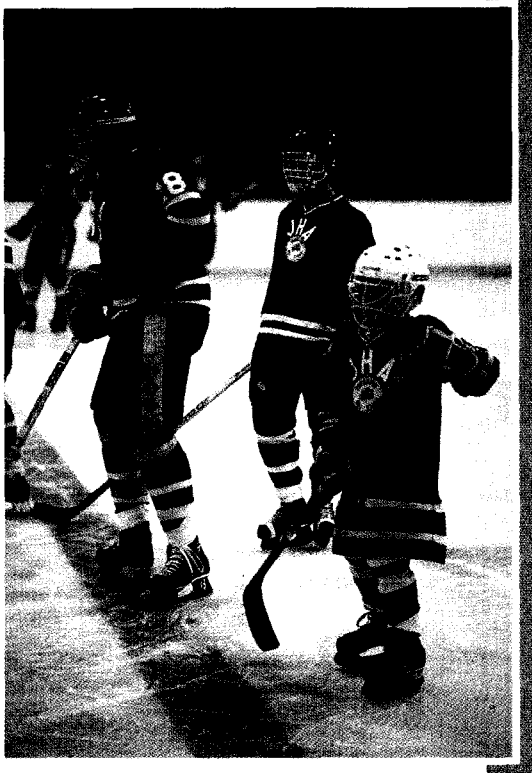
The hockey fans in the audience got a chuckle out of Snoopy's face-off with Zamboni. Those who don't know anything about the game are still scratching their heads over who or what a Zamboni is. And the way the game is growing nationwide, the chucklers may now outnumber the scratchers.

One of the chucklers is "Peanuts" creator Charles Schulz himself, the real power behind the World's Greatest Hockey Goalie. "The Zamboni," Schulz says laughing, "is that huge machine that cleans and resurfaces the ice."

The Zambonis around the country are getting an overtime workout from the hundreds of thousands of amateur and novice hockey players now taking to the ice. Each knows that the chances of scoring a hat trick against the Edmonton Oilers are as remote as those of belting the Series-winning home run in the bottom of the ninth, or of taking the overtime kickoff all the way back for a Super Bowl victory. But the legions of new hockey players—some who have never skated before, and many of them professional adults long past the lean, mean rookie years—are not deterred. For the first time, they have the chance to act out some of those childhood fantasies, to capture, however vicariously, the thrill those American kids felt in their heart-stopping win over the Russian pros at Lake Placid in 1980.

There really is nothing new about amateur hockey in America. The nonprofessional aspect of the sport goes back to 1896, when the first amateur league was formed only three years after the game was introduced in the United States. Today, there may be as many as 250,000 amateurs taking to the ice in organized amateur competition, ranging from the under-12 Pee Wee classification to adults of near-pro caliber who go at one another with all the intensity of Stanley Cup finalists.

What is new, however, is the character of today's amateur players. Many are older than one would normally expect in an action sport that demands blazing speed; some are novices to the point of ineptness, which, at some rinks, is more virtue than vice. Quite often, they are longtime hockey fans who come to the game through the involvement of their children in youth leagues or



The 250,000 amateur hockey players now going at each other in organized competition come in all sizes—from the under-12 Pee Wee classification to grownups acting out their childhood fantasies.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

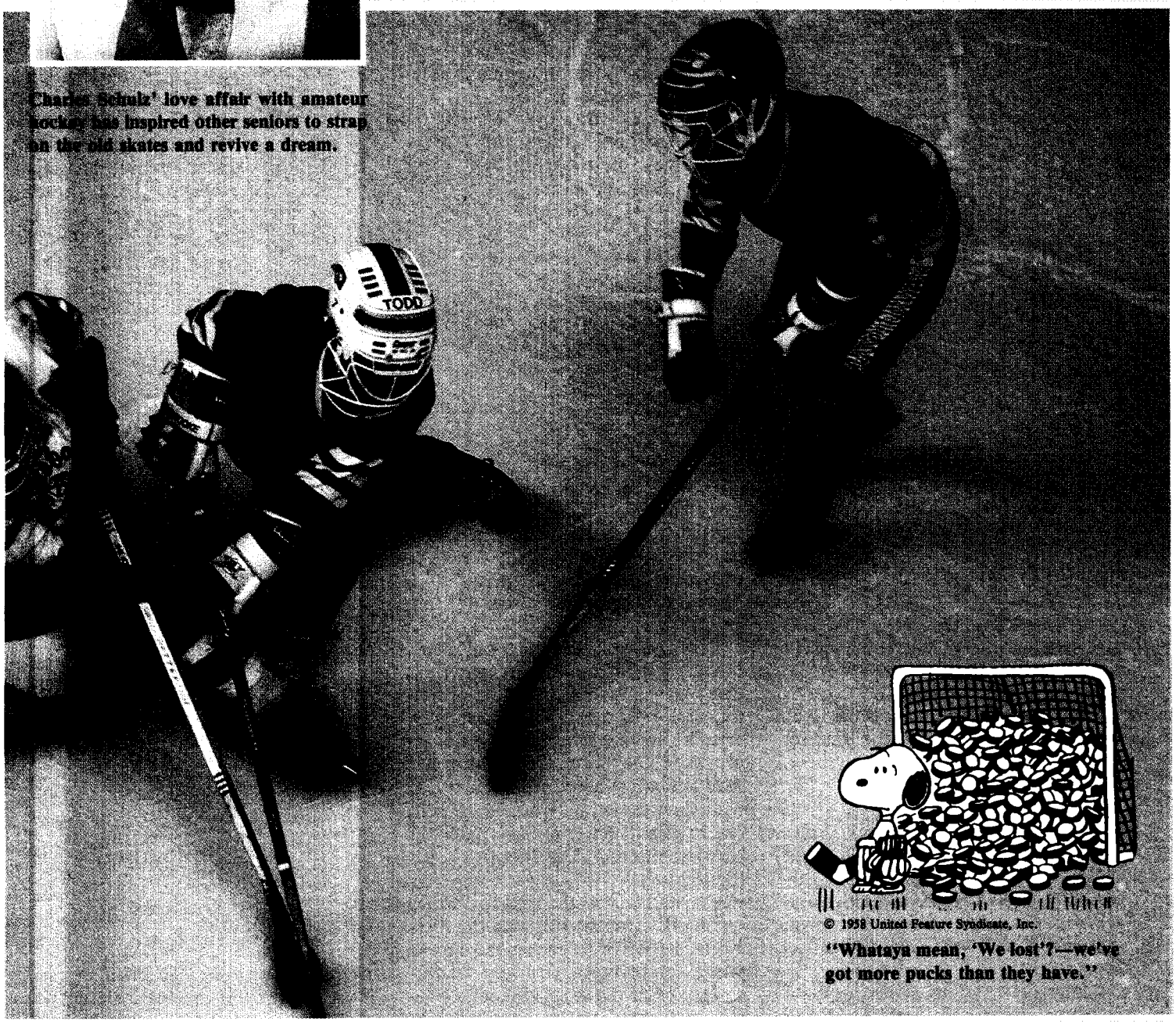
school teams; for others, particularly a growing number of white-collar professionals concerned with physical fitness, hockey has become a welcome winter alternative to summer's company softball team.

A notable figure in amateur hockey is Schulz. His love of sports, especially baseball, football, and hockey, frequently shows up in the adventures of Charlie Brown and in the misadventures of Snoopy.

This past summer Schulz was inducted into the Old-Timers' Hockey Hall of Fame. Now in his 60s, Schulz has inspired other seniors to strap on the skates and to go out and revive a dream or two. But his contribution to amateur hockey has gone far beyond the inspirational—each July, Schulz hosts Snoopy's Senior World Hockey Tournament near his home in Santa Rosa, California, at the Redwood Empire Ice Arena, which he built himself after the only rink in the area closed. "My wife and I felt it was unfortunate the people around here would be deprived of an arena, so we built it for the community," Schulz says. "Now the guys around here have the tremendous advantage of playing in the world's most beautiful arena at a convenient time and very inexpensively."

continued on page 80

Charles Schulz' love affair with amateur hockey has inspired other seniors to strap on the old skates and revive a dream.



© 1958 United Feature Syndicate, Inc.

"Whataya mean, 'We lost'?—we've got more pucks than they have."

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

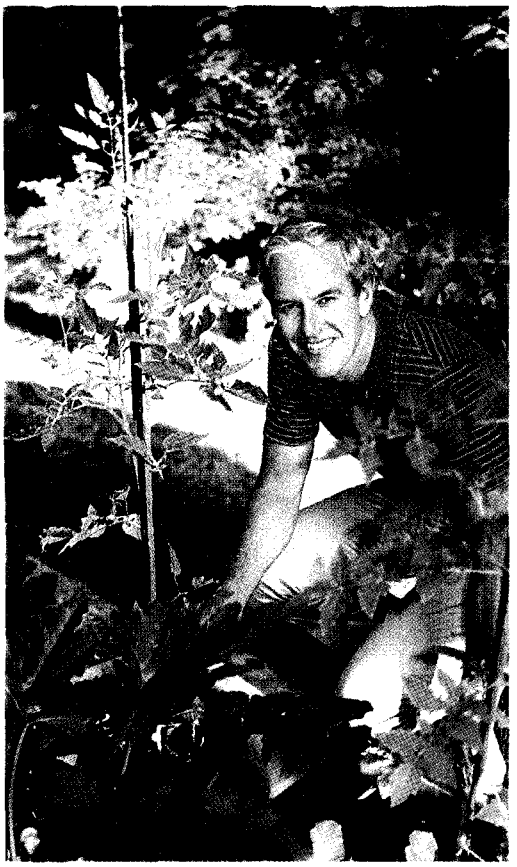
NEW PLOTS FOR GARDENS

By cultivating home-computer programs and digging up techniques of ancient Mayan farmers, modern gardeners are getting more fruits for less labor.

by Charlene Faris

"No culture is so delightful to me as the culture of the earth and no culture comparable to that of gardening," Thomas Jefferson wrote. The 40 million Americans who garden would agree, for according to a recent Gallup poll, gardening is more popular than jogging, golfing, or any other outdoor activity.

Jefferson would be amazed, and probably fascinated as well, by recent radical adventures in horticulture. Though there may be nothing new under the sun, some inventive modern gardeners have developed the idea of intensive culture for those who have limited space and little time for garden upkeep.



With the seed of an idea drawn from early Indian cultures, Jack Langston has learned how to raise garden yields even in poor soil.

A Tip from the Mayans

One such gardener, Jack Miles Langston, has developed a method called Lexigrow, which enables gardeners to grow vegetables almost anywhere: in clay, in rock, in sand, or in compacted soil—even right over living turf.

Langston's system is not new—it was used by pre-Columbian Mayan Indians. It is still used by modern-day Mayan farmers in the Yucatan, where Langston got his idea. "They take a planting stick, jab a hole, and stick seeds into the hole," he says. "After making these individual seed beds, they fertilize them individually, then cover the soil around them with banana leaves to protect them from the sun, to help retain soil moisture, and to keep out competing weeds."

Where and How to Begin—Transposed to more northern climes, the system works like this: Pick a spot in full sun that you might not ordinarily find suitable for a garden. (My spot was a 2'x5' plot with solidly compacted soil filled with rocks and remnants of an old foundation.) The tools you need are black plastic sheeting, a post-hole digger or a tulip-bulb planter, potting soil, peat moss, coarse gravel, sand, bone meal, a thermometer, and anchor staples.

Dig five-inch-diameter holes ten inches deep at appropriate intervals and fill them with equal parts of potting soil, peat moss, and sand or vermiculite. (Place two inches of coarse gravel in the bottom for drainage.) Add one cup of bone meal to each seed bed, then cover the whole area with black plastic sheeting (available at hardware stores). The sheeting keeps the soil moist, discourages competing weeds, and warms the area for earlier sprouting. Test the soil with the thermometer. When it reaches the appropriate temperature for seed germination, plant the seeds and cut a five-inch-diameter hole in the plastic for the plants to grow through.

My nearly maintenance-free, experimental Lexigrow plot in Indiana was so successful my conventional garden next to it became an unnecessary chore. After I moved to Southern California, I tried the method again in a sandy area bordered by concrete. My herb patches produced more parsley, oregano, basil, rosemary, savory, chives, and peppermint than I could use. Tulips, daf-

continued on page 112

(Above) Spring showers bring flowers earlier when soil is covered in the ancient Mayan way. Vegetables grow better, too.

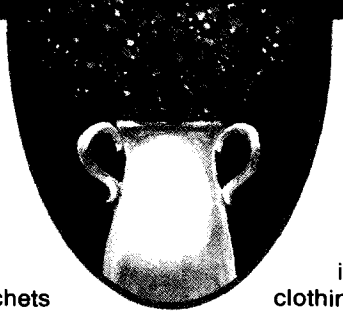
PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Super-Hardy Lavender

Blooms All Summer Long... Year After Year!

Enchanting Fragrance, Exquisite Beauty for Home and Garden!

- Blooms Lavishly **Starting This Summer**
- Produces Regal, Blue-Violet Flowering Spires
- Captivating "Old English" Fragrance
- A True Perennial . . . Lovely Blossoms From June to Fall!
- Handsome Silver-Green Foliage
- Improved — Northern, Sub-Zero
- Also Use for Sweet-Scented Linens, Sachets



ENJOY THE SIGHT AND SWEET SMELL OF LAVENDER INDOORS TOO!

Try adding a few stately spires of Lavender to your flower arrangements . . . it looks every bit as good as it smells! Or, capture Lavender's legendary fragrance all winter long with this centuries-old custom. Dry out leaves and blossoms and fashion into sachets. Tuck them into linen closets or clothing for a fresh, summer scent all year 'round!

You'll love the hundreds and hundreds of dainty, fragrant Lavender blossoms that pop up on every plant! The royally-colored spires (about 12 inches long) are laden with heavenly beauty from June right on through the long blooming season and crown the bushy, silver-green foliage (about 1½ ft. high) with magnificent sweet-smelling violet-blue grandeur!

THRIVES IN SUN OR PART-SHADE

Wherever planted, the enticing "Old English" fragrance will waft to the far corners of your yard . . . drift through your windows, absolutely enchanting you for months on end! And our SuperHardy Lavender resists winter's ravages amazingly . . . thrives in sun or part shade too! We ship extra-heavy stock for stunning bloom the first season. For dense hedges, plant about 1½ ft. apart. Extremely easy-to-grow . . . once planted, it will become one of the treasures of your garden!

LAKELAND NURSERIES SALES,
Hanover, PA 17333

LAKELAND'S DOUBLE GUARANTEE

All plants must arrive in perfect condition. If you are not totally satisfied with any item you order, *return within 10 days for* a prompt replacement or refund of purchase price (except post. & hdlg.). And, all plants **must thrive** after planting, or return anytime within 3 months for prompt replacement—no questions asked!

LAKELAND NURSERIES SALES, Dept. **NL-2452**
Bldg. #9, Hanover, PA 17333

Kindly send HARDY LAVENDER PLANTS (L126128E) on full money-back guarantee as indicated: "For shipping at proper planting time, spring 1986."

- ☐ 1 for just $ 2.98 plus 90¢ postage & handling.
- ☐ 3 for just $ 4.98 plus $1.60 postage & handling.
- ☐ 6 for just $ 8.98 plus $2.25 postage & handling.
- ☐ 12 for just $15.00 plus $3.90 postage & handling.

Enclosed is _____ (PA & NV res. add sales tax)

CHARGE IT: ☐ American Express ☐ Diners' Club ☐ Visa ☐ *MasterCard*

Acct. No. _____ Exp. Date _____

PRINT NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

☐ Check here and send .50 for a year's subscription to our full-color nursery catalog. (L389957X)

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

© H.H.I., Inc. 1986

REPORT ON THE POST'S CANCER PREVENTION SURVEY

by Edward Maibach, M.P.H., Lillian Gigliotti, Ph.D., and Gladys Block, Ph.D.

Dr. Vincent DeVita, the director of the National Cancer Institute, was interviewed in an article appearing in the July/August 1984 issue of the *Post*. In that article, Drs. DeVita and Cory SerVaas discussed the prevention of cancer, the relationship of diet to cancer risk, and the importance of smoking cessation. In a related article, other National Cancer Institute (NCI) scientists discussed the importance of screening and early detection for breast cancer.

The *Post* worked with members of the National Cancer Institute in preparing a questionnaire about breast cancer. The NCI wanted to know why it is that the vast majority of women who are in the high-risk age group are not getting mammograms yearly as they should, even though it has been shown that women are far more likely to survive breast cancer if their lumps are discovered by a mammogram when the lumps are still too small to be felt by physical examination.

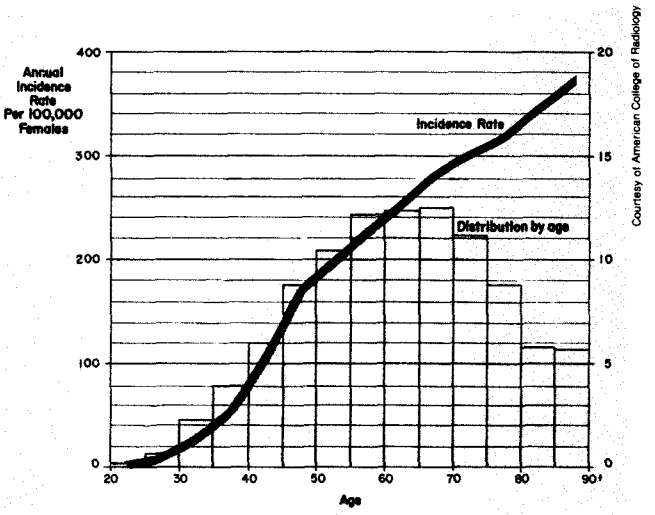
In this country it has been determined that only about 14 percent of women over 50 receive an annual mammogram. Of the 3,534 *Saturday Evening Post* readers in the survey, those over 50 were comparable to the national average—only 15 percent were receiving annual mammograms. Fully 47 percent of the women over 50 years of age had never had even a single mammographic exam. These women should discuss the need for a mammogram with their physicians.

The women over 50 who answered that they never or only occasionally had mammographic exams were asked their reasons for not having regular exams. The answers were quite intriguing: *An astounding 65 percent said that their physicians had never recommended the examinations.* More than 21 percent said they felt it was unnecessary because they had no symptoms. Another 21 percent claimed they were worried about X-ray exposure. About 20 percent answered that the costs were prohibitive and that mammograms aren't covered by health insurance.

Each of these reasons for avoiding mammographic exams must be reexamined by women who want the best in preventive health care. Mammography, a screening procedure, should be conducted regularly after the age of 50. Its purpose is to detect cancer in its early stages, even before there are any symptoms. The earlier the breast cancer is detected, the better the chance for cure. And although some X-ray exposure occurs during a mammographic exam, it is insignificant compared to the benefit of the exam. Newer equipment and careful monitoring of radiation exposures have reduced the need to worry about mammographic X-ray exposures. A woman should ask her doctor a few simple questions: *Is the X-ray machine "dedicated"* (i.e., is it designed primarily to take mammographic pictures)? *Is the radiation dose less than 1 rad?* If the answers to these questions are yes, a woman should feel confident she is receiving a safe procedure. The cost of mammograms may vary considerably, between $50 and $250; it is rarely covered by health insurance. *One way to reduce the cost of the exam is to price the mammographic services offered by various care providers in your community, who can assure you that they use dedicated equipment, with exposures of less than 1 rad per breast.*

The most commonly mentioned reason for not having mammography was that physicians do not recommend it.

Yet, women can influence their physicians. Most physicians are willing



Female breast cancer incidence rate increases with age. This chart shows the annual incidence rate per 100,000 females. Women should have baseline mammography at age 35 or 40. After 50, all women should have yearly mammography exams.

Editor's note: Edward Maibach, M.P.H., at the National Cancer Institute, helped prepare the questionnaire insert in the July/August 1984 Saturday Evening Post. *It was he who followed through to get the results of this* Post *cancer-prevention survey tabulated in the National Cancer Institute's computers and analyzed. He and his colleagues, Drs. Lillian Gigliotti and Gladys Block, are to be commended for their valuable contribution to this study and for making these somewhat startling facts a part of medical knowledge.*

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

to discuss any topic with their patients, especially if the patient asks the question. Women should make a point of speaking with their physician about their breast cancer risk and the means of reducing it

Cancer screening examinations are a most important weapon in the war against cancer. Cancer detection checkups are particularly important for women, because breast and cervical cancers can frequently be detected quite early. Cancers detected early are more easily treated, and have a better chance for cure than cancers detected in advanced stages.

Women readers were asked in the survey how often they practiced preventive screening procedures for breast and cervical cancer. Breast self exams (BSE) were practiced regularly by about 30 percent of the women. Slightly fewer young women were practicing BSE regularly than were older women. More than 60 percent of the women claimed to conduct breast self exams at least occasionally. We would like to encourage this group of women to step up their self-exams to a monthly practice, for monthly breast exams are considerably more effective than occasional exams in detecting breast lumps early.

Women also receive breast exams from their physicians. Over 60 percent report that they are given breast exams regularly when they see a physician. This percentage drops a bit among older women, which is unfortunate since age increases the risk of developing breast cancer. For the sake of their health, women should speak up and ask their doctors to perform this simple examination.

Pap smears were the screening procedures most used among women in the survey sample. Almost 68 percent were having regular Pap smears. The figure rises to more than 95 percent when women having occasional Pap smears are included.

Diet and Cancer

Because a large portion of the DeVita interview was devoted to the association between diet and cancer, we asked the survey respondents if they planned to change their eating habits after reading the article. Sixty-two percent said yes. When asked if they intended to make changes in their consumption of high-fat dairy products, and fats added to foods in cooking or at the table, about one-half responded that they definitely intended to eat less of these foods. In regard to eating whole-grain products such as breads, cereals, bran products, fruits, and vegetables, more than half responded that they definitely intended to eat more. All these dietary changes are consistent with the NCI recommendations. Those who believed most strongly that they could reduce their risk of cancer were the most likely to claim that they intended to modify their eating habits accordingly.

On the other hand, 38 percent of the survey respondents indicated they did not intend to change their diets. But when asked why not, nine out of ten reported that they "already eat the foods the article suggested." So, as it turns out, the people who didn't plan to change were the ones who had already changed their diets or who always had good diets.

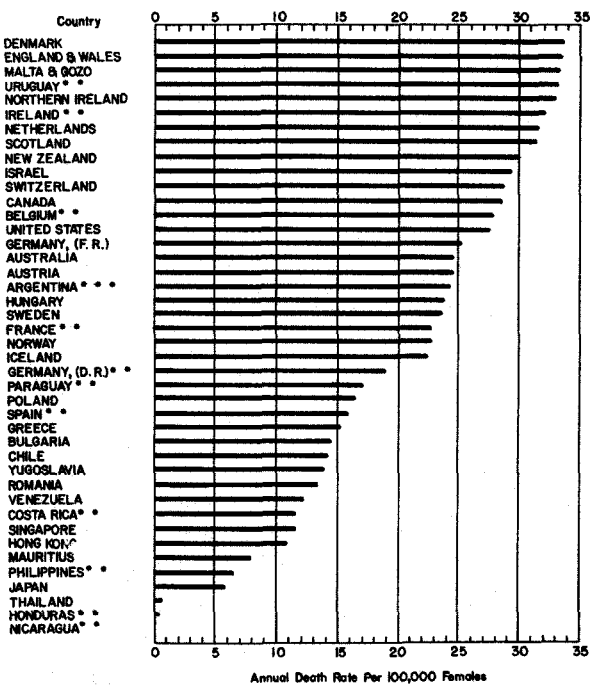
Smoking

Because smoking is the single most preventable cause of death in the United States, we were quite interested in the readers' smoking habits. Nearly 40 percent of the respondents had been smokers at one time or another. *Remarkably, only 8 percent claimed to be smokers at the time of the survey, a much lower percentage than the national average of 32 percent (or 29.5 percent among women).* Of those people who were still smoking, 18 percent had never tried to quit, 57 percent had tried once or twice, and 23 percent had tried repeatedly. We know that exsmokers make numerous attempts to quit before actually succeeding. This shows us it is important that smokers keep trying to quit. Unsuccessful attempts should not be seen as failures, because a successful attempt will usually follow a number of unsuccessful attempts. The more times smokers try to quit the habit, the more likely they are to succeed.

The large majority of exsmokers in the survey said that when they did finally quit, they did so primarily on their own. Encouragingly, more than half of the smokers in the survey said the article had prompted them to try to quit. For the most part, those smokers who indicated they would try to quit said they would take the self-help approach. Enlisting the support of family, friends, coworkers, and physician is often very helpful. It makes kicking the habit much easier.

Of the 3,534 reader responses to the survey, most were well-educated, older white women. More than 92 percent were women, and nearly 98 percent were white. Nine out of ten who completed the survey were over 40 years old and, indeed, almost half were over 60. Only 5 percent of the group had less than a high-school education, 28 percent were high school grad-

continued on page 112



Courtesy of American College of Radiology

Even though Japan has less than one-fourth as much breast cancer as the U.S., Japan has a well-established screening program to catch breast cancer while it still carries a good prognosis. Countries where low-fat, high-fiber diets are consumed have less breast cancer.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

PREVENT BREAST CANCER DEATHS

If mammograms prevent deaths from breast cancer, why don't more women get them? If low-fat, high-fiber foods prevent breast cancer, why don't more women eat them?

by Cory SerVaas, M.D.

The next time you are in a room full of women, consider that every 11th one there will get breast cancer. If you are a female over 50 and you aren't getting a yearly mammogram, you're playing a kind of Russian roulette—because chances of five-year survival are far greater if a breast cancer is discovered by a routine mammograph. Caught early, breast cancer no longer means breast removal. Lumpectomy (lump removal) is a good option.

Betty Ford, Happy Rockefeller, Shirley Temple Black, and many other women like them are living proof that there is life after breast cancer. They are the fortunate ones, and your chances of being counted among the fortunate are much better if you go for your first mammogram once you've reached the age of 35 or 40. For most types of breast cancer the five-year survival rate is more than 85 percent for cancers discovered while in Stage I, and less than 35 percent for cancers not diagnosed until Stage IV.

Small breast tumors can be seen by X-ray long before they can be felt by any human hands. Self examinations are important, as are breast examinations by the physician. In breasts of C and D cup bra size, however, it is almost impossible to detect, by physical examination, a small tumor growing deep within.

I called Dr. Thomas Burchum, who has a fine reputation in radiology, to ask why more women aren't taking advantage of mammography in Iowa.

"There is no question that mammography is the best way to detect neoplasms of the breast before they can be felt," he said. "In large breasts it is almost impossible to palpate a growing cancer before it is large enough to have spread. I think it's a matter of education; we need to educate the public."

"To do that, wouldn't it be great," I suggested, "if Dolly Parton would come out and say, 'Breasts like mine need mammography'?"

Dr. Burchum laughed and said, "It would be great because you'll never feel a tumor in there. Along that line, we're in the process of equipping a van with a mobile mammography unit to go around to some of the smaller hospitals in the state to offer mammography. I don't think there is another such program in Iowa at this time. We'll bring mammography to women by letting them know that the unit is going to be at their local hospital on a certain day. We'll be working with local doctors and hospitals in the small towns."

I asked him if this portable unit would also be the low-dosage radiation. "Yes," he said. "We have a brand-new machine, made by Philips in Germany, that we think is the best unit on the market. It is 'dedicated' just for mammography, and we use high-speed screens and films that are giving the absolute minimum in rads—less than 1 rad per breast.

"We're getting a van, much like one we saw in operation out at a hospital in Lincoln, Nebraska. It's very nice. The technicians can get the equipment in and out of the van by themselves with a lift. We find that it's best not to process the mammograms at the local hospitals where they're done, because of the variation in chemicals. We'll bring all the films

Betty Ford, Happy Rockefeller, and Shirley Temple Black are living proof that there can be life after breast cancer. The chances of surviving breast cancer are far better for the woman who is fortunate enough to have hers discovered on a routine mammography exam.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

home at night and run them on our own equipment. Just the technicians will go on the road, although I do go out to speak to local groups, to meet them, and on an eyeball-to-eyeball basis, tell them how important mammography is."

What with the farm foreclosures and hard times for Iowa farmers, I asked him what it costs for mammography. Where does Iowa rank in cost for mammography that nationally can vary from $50 to $250?

"We charge $65," he said. "We wanted to be on the low side, and we're very well satisfied with this. We don't think that it's necessary to raise the fee. In fact, if the volume increases, we may even go lower."

When a needed procedure like this is obviously good protection, why don't more women go for it? I asked Dr. Pat Harper, who operates a busy breast clinic in Indianapolis. She handed me a report that paralleled the information obtained in *The Saturday Evening Post* survey: The most common reason for women not having had their mammographic examinations is *their physician's failure to recommend the procedure.* The report appeared in the July/August 1985 Ca-A Cancer Journal for Clinicians. The authors of the article sought to find out why doctors were not referring their patients for mammography. At first they surveyed the physicians to determine how many tried to follow the American Cancer Society's (ACS) recommendations in guiding their patients to these services. Of all physicians surveyed, only 11 percent reported that they followed the ACS guidelines with all patients. The family practitioners and internists were even less diligent, with only 9 percent following the guidelines. The gynecologists whose practices are dedicated to the care of women did not look much better, as only 17 percent of them follow or exceed ACS recommendations.

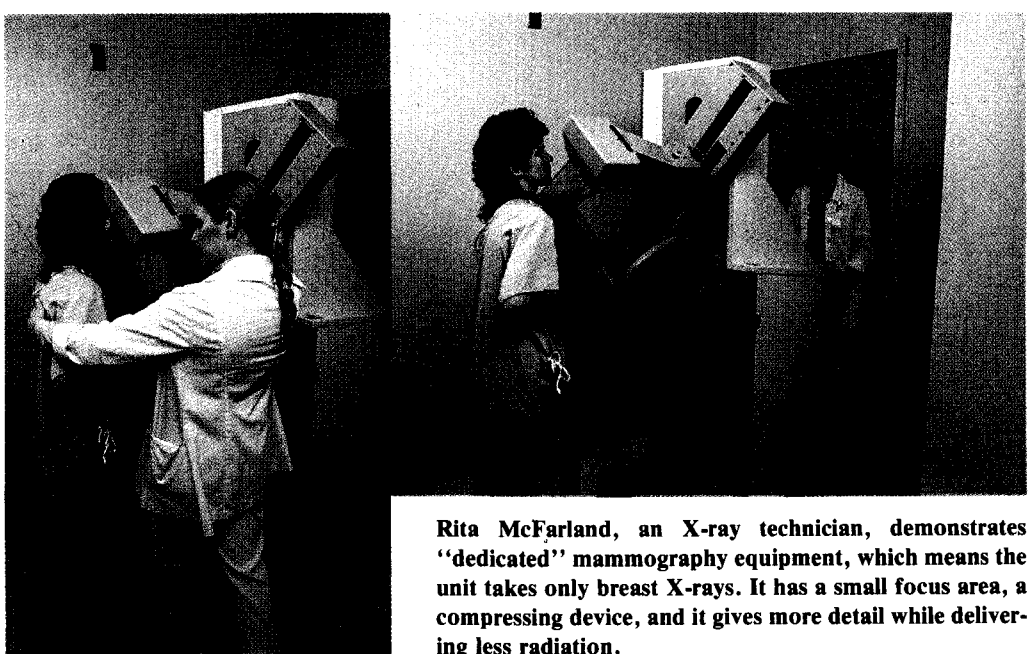
Of the surveyed doctors, 95 percent reported that they agreed completely with the ACS regarding the routine breast examination as an important part of a physical exam. Only 41 percent, however, reported that they agreed completely with the ACS regarding mammography. Of those who do not completely agree with the ACS on mammography, several reasons were listed:

Too expensive	39%
Not necessary without symptoms	29%
Too much radiation exposure	25%
Low yield	16%
If no family history, not necessary	14%
Patient won't cooperate	5%
Recommend self examination	5%
Only if patient has large breasts	3%
Test not reliable	3%
Should begin at earlier age	3%

We hope Dolly Parton will never become a breast cancer victim. She is the celebrity we'd most like to recruit to help alert women of the need for mammography. In generous-sized breasts it's impossible to find tiny lumps manually.

Much concern has been voiced regarding the radiation exposure of annual mammography. Actually, the amount of radiation currently used to perform this test is very small. It would be about the same risk as smoking three-fourths of one cigarette. (How foolish it is for a woman who smokes several cigarettes a day to be concerned about the risk of the small amount of radiation needed for her breast exam.) Or compare it to the risk of traveling 400 miles in a commercial aircraft; or driving 60 miles in an auto; or 1½ minutes of mountain climbing; or 20 minutes of life for a 60-year-old.

The American Cancer Society's position on radiation and mammography, as stated in its most recent official statement of mammography (June 1983), is as follows: "Available information suggests that the risk of inducing breast cancer by the low doses now possible with modern mammography—if it exists at all—is minimal. Because of the detection of some unpalpable and small breast cancers and because of the reduced radiation exposures now possible with optimum mammographic tech-



Rita McFarland, an X-ray technician, demonstrates "dedicated" mammography equipment, which means the unit takes only breast X-rays. It has a small focus area, a compressing device, and it gives more detail while delivering less radiation.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

nique and carefully monitored equipment, a favorable benefit/risk ratio can be expected in women beginning at age 40 or older."

What can be done about the problem? Simply this: All women need to be made aware of the importance of this examination. Then they will not be shy about asking their physicians to arrange for mammography if the doctor does not first suggest the test.

Diet and Breast Cancer Prevention

What causes breast cancer? The highest incidence of deaths from breast cancer is found in the most highly developed countries, those in which people's diets tend to be high in fats and low in fiber.

The National Cancer Institute has been carrying out a study to determine the extent to which diet is a risk factor in breast cancer. "The evidence associating dietary fat with certain specific types of cancer is really quite strong at this point," according to cancer prevention researcher Dr. William DeWys.

In the five-year NCI study, now in its second year, researchers are using a group of women subjects at high risk for breast cancer: those who have had previous biopsies for benign disease of the breast, those whose first-degree relatives have been diagnosed with breast cancer, and those who had a late-age pregnancy (after age 30). Half the women are asked to go on a low-fat diet and the other half are asked simply to continue their usual diet, which in the United States means about 40 percent of calories from fat. The other group will try to achieve a 20-percent-fat diet. The two groups will then be compared, over time, for cancer incidence.

"I think it's helpful to think about what are the major sources of fat in the U.S. diet and what strategies can be used to reduce these sources of fat," said Dr. DeWys. "The three main categories of foods richest in fat include the meats, dairy products, and what we call fats and oils.

"The fats-and-oils category is probably the largest source of fat," he continued. "In many ways it is the one that can be adjusted with the least adverse effect on your overall diet." This category includes butter and margarine used on sandwiches, salad dressings, and oil used in baking. "These foods people can readily give up without losing important nutrients," Dr. DeWys said.

Next in importance is meats. The NCI suggests leaning toward fish and poultry and away from beef and pork. Meat could be cooked on a rack so that fats will drain off and not be consumed. Frying is definitely discouraged.

"Fortunately the meat industy is coming to our help in that they are making available low-fat prepared foods," said Dr. DeWys. "Unfortunately we don't have a low-fat hot dog. But that's not the fault of the meat producers. In part it's because of the rules of the Food & Drug Administration that require something called 'the standard of identity.' For a food to be called a hot dog, it has to have a certain composition, and until they change the rule we will not have a low-fat hot dog."

Traditionally, in Japan, only 20 percent of the calories in the daily diet comes from fat versus 40 percent of calories from fat in the United States. Note the chart on page 67 that shows the rate of deaths from breast cancer in Japan to be very low. (Men may be interested to know that the death rate from prostate cancer is also very low

Radiologist Pat Harper operates a busy breast clinic in Indianapolis, where she does research on the use of ultrasound (above), for detection of fibrocystic breast disease. She does routine breast screening with state-of-the-art mammography equipment (below).

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

in Japan.) This chart, however, was compiled in 1976. It is interesting that the incidence of breast cancer in Japan has increased 250 percent since 1966. During this period many Japanese have shifted to a higher-fat, "Western" type of diet. *Within Japan, the risk of developing breast cancer has been found to be 8.5 times higher among wealthier women who eat meat daily than among poorer women.* A similar increase in breast cancer was found in Iceland, where the national diet has shifted from predominantly fish and sheep to more "Western" fare.

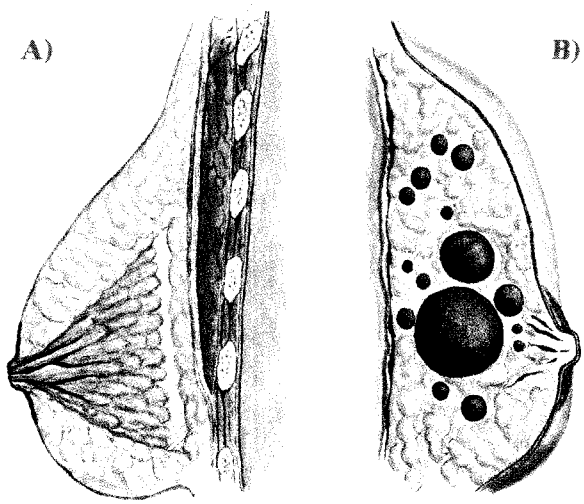
Just how does fat increase the risk of breast cancer? Experimenters postulate this happens in a number of ways. They believe fat encourages the development of certain hormones and serves as a vehicle for fat-soluble environmental carcinogens. The fact that Japanese women who migrate to the United States do not have an increased incidence of breast cancer until the second generation suggests that patterns of hormone metabolism in the early years of life may be determinants of breast cancer risk.

Almost anything a woman ingests can be detected in fluids secreted within the breast ducts. Five minutes after a woman smokes, for example, nicotine appears in her breast secretions. Breast fluids have much higher concentrations of cholesterol than the blood, and may also contain certain potential cancer-causing by-products of cholesterol metabolism.

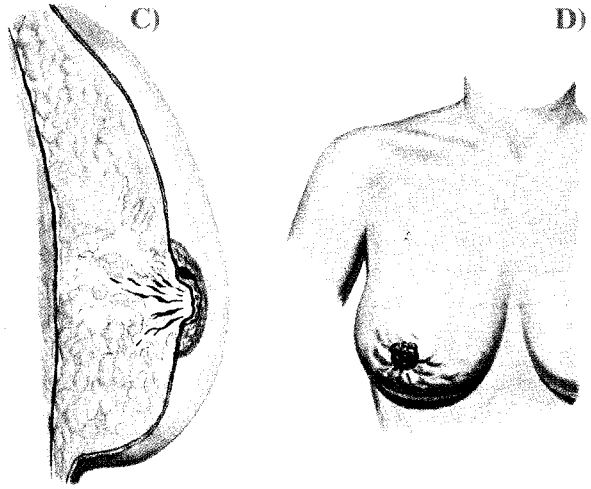
Every time you go for that extra pat of butter, just think, "What if I become one of the 38,400 breast cancer fatalities this year?" Then imagine your dear husband's new wife going through your earthly possessions. Or perhaps you already have a better way to fight off the temptation of high-fat foods.

The Saturday Evening Post Society is preparing a videocassette about the necessity of breast mammography for early detection of breast cancer. We hope it can be used in breast X-ray vans which could go to supermarket and church parking lots to attract women's attention, much as blood bank mobile units do. Any members who have ideas about such an undertaking are invited to write to us.

Readers who may have missed the Cancer Prevention Survey and "Remove Breast or Just Lump?"—an earlier Post *article on breast cancer, may obtain a copy by writing to Breast Cancer, Box 567, Indianapolis, Indiana 46202. Please enclose $1 to cover costs.*



A) Normal Breast—The glands of the breast are arranged like the spokes of a wheel, with their ducts joining at the nipple "hub." These are covered by variable amounts of fat. The cordlike glands can be felt in breasts with little fat. B) Cystic Breast—The "blue dome" cyst appears abruptly in a previously normal breast, and on palpation a movable, rounded mass is felt. Many women find they have no more fibrocystic breast disease after giving up caffeine.



C) Infiltrating Carcinoma—This malignant tumor has a hard, irregular feeling, and there is a restricted mobility of the mass. The tumor is white, with tiny, stretched threads of scarlike tissue running randomly throughout. D) External Signs—A breast tumor growing beneath the skin surface will often cause a dimpling. The skin may resemble an orange peel, which suggests that detection of the tumor has been dangerously delayed.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

YES YOU CAN!

— make $18.00 to $30.00 an hour!

— work full time or part time, right at home.

— operate a CASH business where 90¢ of every dollar is CASH PROFIT!

We'll send you a FREE Lifetime Security Fact Kit — yours to keep with no obligation — that gives you the details on being your own boss with a Foley-Belsaw Full-service Saw and Tool Sharpening Shop.

YES YOU CAN have independence and make good money. But you have to WRITE NOW to get your FREE Lifetime Security Fact Kit.

Mail the coupon below.

FOLEY BELSAW

FREE LIFETIME SECURITY FACT KIT

20213 FIELD BUILDING
KANSAS CITY, MO. 64111

The Foley-Belsaw Co.
20213 Field Bldg.
Kansas City, MO 64111

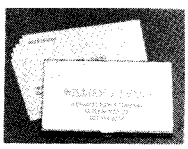
☐ YES, I want to know more! Please rush my FREE Lifetime Security Fact Kit.

Name

Address

City State Zip

( ) Area Code Phone



Business-card Case

Come on with class—the most attractive case we've seen! Compact brass case measures 3⅜"x2¼"x⅜". Carry it without getting bogged down; weighs just over one ounce. Comes engraved with your name, company's city, state, and phone number, or whatever you wish (four-line maximum.) Operate in style. Send $12.95 plus $3.10 for postage to Thorsen's Family Gifts, Dept. SEP2, Enosburg Falls, VT 05450.

Two Famous Farmers!

These little farmers are warming hearts in rural homes across the country! Thousands of large (14" x 18"), full-color posters of this picture have been ordered across the U.S. Now you, too, can order one of the posters for just **$3.00** plus $1.25 shpg. Also available set of 12 notecards of picture for **$3.95** plus $1 post.

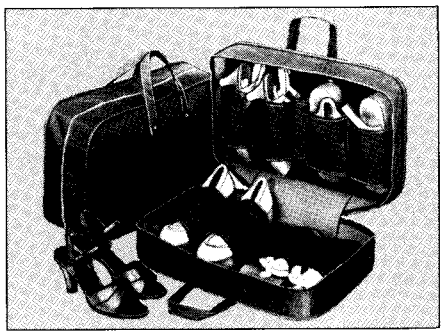
Send Check or M.O. 20 day money back guarantee.

HOLST, INC. Dept.SPF-386 1118 W. Lake Box 370, Tawas City, MI 48763

Post Sampler

Shoe tote/storage bag

Metal zipper on three sides lets bag open to hang full-length. Folds flat to



tote or to store. Waterproof pockets hold eight pairs of ladies' shoes or four pairs of men's. Wipe-clean, navy-blue nylon with sturdy handles. 20"x13"x6" deep; $14.99 ppd. Gemini Gifts, Dept. 103B, 5695 Xenon Way, Arvada, CO 80002.

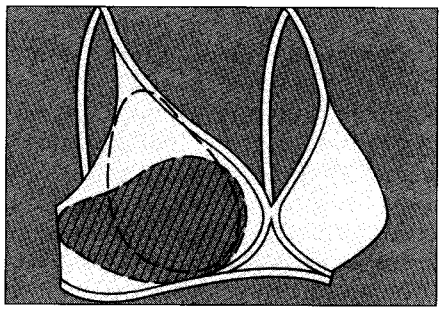
A wilderness gallery. . .

. . .of scenic and wildlife photographs. Free brochure depicts Yellowstone, Glacier, other pristine wild places in the Rocky Mountain west. Excellent wall hangings—home or office. Signed and numbered editions; framed and ready to hang. Old Faithful Photo, P.O. Box 3647, Bozeman, MT 59772. (406) 587-7633.

Pure maple granules

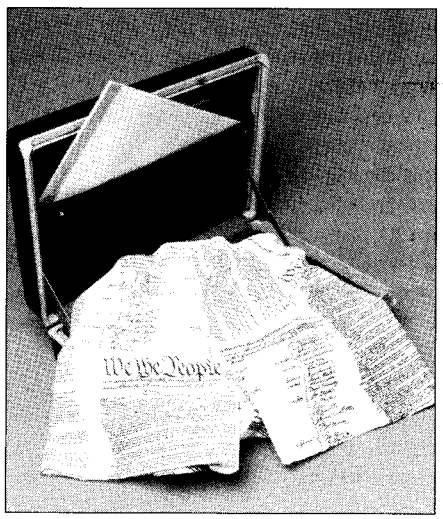
The water removed from real maple syrup leaves these delicious granules. A flavorful topping for fruit, yogurt, and ice cream; a sugar replacement for coffee, tea, and baking. For ordering information and tempting recipes, write to Green Mountain Endeavors, 12 South View, South Burlington, VT 05401.

Mastectomy?



Bosom Buddy Breast Form for mastectomees matches former size and contour. Specify bra and cup size; $49.95 (size DD $55). Add $3 p&h for each form ordered. Money-back guarantee. Send for free brochure. Visa, MC welcome. Phone: (208) 343-9696. B&B Company, Dept. 436, P.O. Box 5731, Boise, ID 83705.

Barrister Boxers™



Lawyers, politicians, even history buffs are wearing the U.S. Constitution on all-cotton boxer shorts. Stay "within the limits of the law" with the gift that will sustain any objection! S-M-L. Send $11.95 ppd. (check, m.o., or MC or Visa info) to Barrister Boxers, P.O. Box 465, Boston, MA 02199. (617) 738-0603.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Make dark circles disappear!

Recent cosmetic discovery makes dark circles under eyes vanish. Two-

step "Dark Circle Eye Treatment" treats delicate area under your eyes. Comes in handy purse size; backed by guarantee. Write: Dark Circle Eye Treatment, Dept. SEP036, 60 W. Superior Street, Chicago, IL 60610. Send $9.95 plus $1 p&h for one set.

Rare U.S. Mint silver half dollars

$8.50 each. Order 6 different—receive 1 free; 12 different, 3 free (our choice of dates). Local sales tax and $1.50 p,h & ins per coin; $6 total over 5 coins. Visa or MasterCard accepted on $25.00 or more. 32-page guide, catalog, price lists. The Coin Guild, Dept. YZ-197, 37 Brompton Road, Box 458, Great Neck, NY 11022.

Cushioned comfort

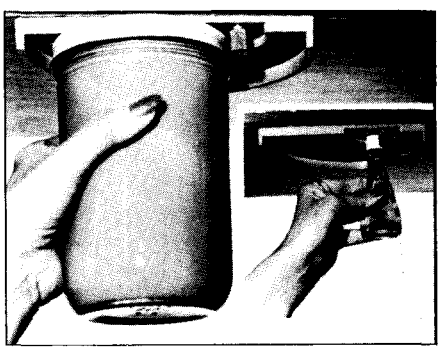
Cushiony insole and wedge heel. A great value ($21.95) from Beacon®.

White, black, beige, camel. Full, half sizes: 6-10, 11 N, W; 5-10, 11 M. Add $2.25 p&h (one); $3.50 (two); $4.25 (three). Money-back guarantee. Visa, MC, DC, and Am. Ex. Old Pueblo Traders, Dept. CNT1B, 3740 E. 34th Street, Tucson, AZ 85713-5305.

Pierced-earring pedestal

Pedestal storage prevents lost fasteners, bent posts, mangled dangles, and ruffled feathers. Solid oak construction. Holds 21 pairs of earrings, either post or hanging type. Put them on safely with built-in 5″ round mirror. Available for $40 ppd. from The Janam Company, P.O. Box 4494, So. Burlington, VT 05402.

Un-Skru opens lids easily



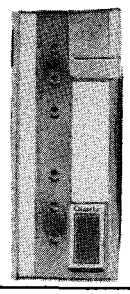
Slip your jar into the Un-Skru until it wedges; then turn the jar. One-hand operation for lids ranging in size from ½″ to 5″ wide. Made of plastic with a steel "gripper." $7.50 plus 85¢ postage; 2/$14.50 plus $1.00 postage. Order from Holst, Inc., Box 370, Dept. SPO-386, 1118 West Lake, Tawas City, MI 48763.

PEONIES
IRIS
DAYLILIES
from world-famous Wild's gardens
COLOR CATALOG $2.00
(deductible on first catalog order)

Select from a gorgeous collection of garden beauties. Send today for 96-page color catalog. Sensational values on more than 1300 varieties, plus timely planting tips.

Please send your value-packed catalog. I enclose $2, deductible on my first catalog order.
Name _____
St./RFD _____
City _____ State ____ Zip ____
send to:
GILBERT H. WILD & SON, INC.
SE-386 Joplin St. • Sarcoxie, MO 64862

PERFECT GIFT
For Him ♥ For Her
For You!
Unique Electronic Lighter with LCD Quartz Digital Watch. Ultra-Thin* Refillable Butane Watch displays time and date. $25.00 + $1.00 post./handlg.
SEND CHECK OR MONEY ORDER
SATISFACTION GUARANTEED
The Gift Boutique
Box 127, Main St.
Oakdale, NE 68761
* Order Now - for FREE Bonus Gift!



©1985 Walt Disney Productions

123 DISNEY STAMPS!
Only $2.95
GUARANTEED TO BE THE MOST LOVABLE COLLECTION OF POSTAGE STAMPS YOU'LL EVER OWN!
You'll absolutely delight in caring for these adorable little Disney friends with their comic faces and hilarious antics! Genuine, all-different, in full color from Walt Disney's original works of art. A marvelous introduction to **Stamp Collecting — World's Most Rewarding Hobby!** You will receive other fascinating selections from our Free Examination Stamps-On-Approval Service from which you may purchase any or none — return balance in 10 days — with option to cancel Service anytime. *(Limit One Collection Per Family)*
MONEY BACK IF NOT DELIGHTED!
KENMORE, Milford DI-309, N.H. 03055

PROVIDED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

HAND MADE BY Gerry Davis

Made Especially FOR YOU BY Cindy Gallagher

PERSONALIZED SEWING LABELS

Your originals deserve these washable woven rayon taffeta labels. Sew into knits, dresses. Eggshell background, rich red printing with multi-colored trim. Specify "hand made" or "made especially" and your name per set.

We ship in 48 hours

•20/$4.95 •40/$7.95 •80/$11.95

Add $1.00 for postage & handling.

GEMINI GIFTS 5695 Xenon Way, Dept. 103A Arvada, CO 80002

A SINGER'S DREAM!

REMOVES VOCALS FROM RECORDS!

Now You can sing with the world's best bands! The **Thompson Vocal Eliminator** can remove most or virtually all of a lead vocal from a standard stereo record and leave the background!

Write or call for a free brochure and demo record.

LT Sound, Dept. SE, P.O. Box 338, Stone Mountain, GA 30086 (404) 493-1258

DISTINCTIVE APPAREL FOR THE

SHORTER MAN

UNDER 5'8"

Choose from America's Leading Manufacturers: London Fog

• Hart Schaffner & Marx • Arrow
• John Weitz by Palm Beach • Jaymar

Suits, Sport Coats, Slacks, Shirts, Shoes and Outerwear designed exclusively for the shorter man. Sizes 35 to 50 in Shorts, Extra Shorts, and Portly Shorts.

DRESS SHIRTS by Arrow and Oscar de la Renta in 30, 31 and 32" sleeve lengths, neck sizes 14-16½".

$2 for a year's subscription and receive a $5 certificate.

Name _____

Address _____

City _____

State _____ Zip _____

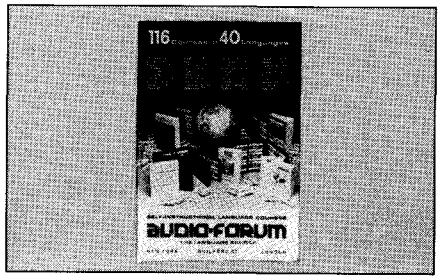
BOB STERN'S *Short Sizes Inc.*

5385 Warrensville Ctr. Rd., Dept. C Cleveland, Ohio 44137

Post Sampler

Translators for travelers

Unique departure from standard foreign-language dictionaries. Plastic



"pages" of "Transidioma" ($15.95) and "Linguatour" ($12.50) are only 6"x1¼". Allows for one-handed selection of pages and presents entire text at a glance. Write Audio-Forum, Dept. R, On The Green, Guilford, CT 06437, or call (203) 453-9794.

Timeless flight

Order a mallard duck on solid wood base from the "Angeline Originals" collection for $30 plus $2 p&h each. Measures 4⅞"x5¾". Please allow four to six weeks for delivery. Indiana residents add 4 percent sales tax. MC or Visa accepted. Armchair Shopper, Dept. SP, P.O. Box 130, Indianapolis, IN 46206.

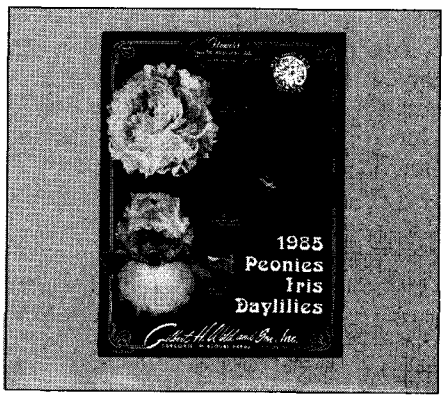
Genuine leather clog

Hard-to-find sizes. Cork wedge heel on rubber sole. White, red, camel, navy—$19.95, two for $37.90. Sizes: 6½-10N, 5-10M, 5½-10W. Add $2.25 p&h (one), $3.50 (two), $4.25 (three). Money-back guarantee. Visa, MC, DC, Am. Ex. Old Pueblo Traders, Dept. CNT1C, 3740 E. 34th Street, Tucson, AZ 85713-5305.

Good-humor country T-shirts

They'll laugh both ways. Face forward, see the front of a deer, cow, pig, or horse; turn your back for the "back-side" view. 50-50 poly/cotton. Adult sizes 34-46; youth sizes 2-16 (specify). Adult $7.95; youth $6.95. Add $1.85 postage. Holst, Inc., Dept. SPS-186, 1118 W. Lake, Box 370, Tawas City, MI 48763.

Garden beauty



From the wilds of Missouri, now in their 101st year. Beautify your garden with a selection of more than 1,300 varieties of world-famous irises, peonies, and day lilies. To receive a 96-page color catalog, send $2 (deductible on first order) to Gilbert H. Wild & Son, Inc., PS-386 Joplin Street, Sarcoxie, MO 64862.

PRODUCED BY LINZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The only magazine you need for home satellite entertainment.

#1 IN CIRCULATION

#1 IN CIRCULATION GROWTH

#1 IN READER SATISFACTION

Let us be your guide to over

100 TV Channels!

Subscribe to the most complete and detailed program guide available.

Only $48/yr., 52 weekly issues.

To order call **TOLL FREE:**

(800) 358-9997 (U.S.)

(800) 556-8787 (Calif.)

(707) 725-2476 (Others)

Or send $1 for a sample copy to:

satellite TV week

P.O. BOX 308-H0604 FORTUNA, CA 95540

HERNIA

BRIEFS Medicare Pays 80%

BRAND NEW - No truss, belts or hard pads. Wash and wear. 88% cotton. Wear 24 hrs. **Looks like regular underbrief.** Operation not necessary. Write or call for free picture brochure in plain wrapper.

Toll FREE 24-hrs/7-days 1-800-325-0007

(Fla. call collect: 305-235-7736)

HPH CORP (Ortho /Med Mfg) Dept. 41E

14120 S.W. 142 Ave. Miami, Fl 33186

HUNTERS • FISHERMEN • FIREMEN • SKIERS

RED SUSPENDERS

Also (solid black) (olive stripe) (red, white and blue stripe): 1½" Wide—Heavy Duty Adjustable Length Specify Clip End—(Illus.) or Button End $7.75 pr. plus $1.50 p.p.

YANKEE WORKBENCH

$1.00 for color Brochure Dept SP, Harvard Rd., Littleton, Mass. 01460

CUSTOM TABLE PADS

SAVE 50%

By Buying Direct

$49.95

Reg. $99.95 any normal size

Look under table and tell us any numbers that may appear

FACTORY DIRECT TABLE PAD CO.

Toll Free 1 (800) 428-4567 *Indiana: Collect (317) 631-2577*

COMPACT DISCS, VIDEOS, ALBUMS, AND CASSETTES

OVER 44,000 CHOICES

The Music Shop is a new way to shop for the music or videos you want. We are not a club. We have two convenient locations—your phone and your mailbox. Quick, courteous service. Credit card holders call

1-800-FOR-A-HIT

EASY	ANDY WILLIAMS	BEST OF (2 LPS)	9.98
	ARTIE SHAW	ORIGINAL RECORDINGS (2 LPS)	9.98
	BENNY GOODMAN	ORIGINAL RECORDINGS (2 LPS)	9.98
	BOBBY DARIN	DARIN AT THE COPA	8.98
	DEAN MARTIN	**DREAMS AND MEMORIES (2 LPS)**	**9.98**
	DINAH SHORE	***DINAH! ONCE UPON A SUMMERTIME***	**8.98**
	DIONNE WARWICK	MASTERPIECES (2 LPS)	9.98
	EDDIE FISHER	**AFTER ALL**	**8.98**
	ELLA FITZGERALD	...AIN'T WHAT THEY USED TO BE	8.98
	FRANK SINATRA	TIMELESS (2 LPS)	9.98
	GLENN MILLER	MOONLIGHT SERENADE (2 LPS)	9.98
	GLENN MILLER	ORIGINAL RECORDINGS (2 LPS)	9.98
	HARRY BELAFONTE	BELAFONTE SONGBOOK (2 LPS)	9.98
	HELEN REDDY	LUST FOR LOVE (2 LPS)	9.98
	HENRY MANCINI	COLLECTION (2 LPS)	9.98
	JACKIE GLEASON	LUSH MOODS (2 LPS)	9.98
	JIM NABORS	SPECIAL WARMTH (2 LPS)	9.98
	JO STAFFORD	LOOK AT ME NOW	8.98
	JULIE ANDREWS	**LOVE ME TENDER**	**8.98**
	LENA HORNE	LENA (2 LPS)	9.98
	LOUIS ARMSTRONG	THE JAZZ LEGEND (2 LPS)	9.98
	MANTOVANI	LIVE AT ROYAL HALL (2 LPS)	11.98
	MAXENE	AN ANDREWS SISTER	8.98
	MELISSA MANCHESTER	MANY MOODS OF (2 LPS)	9.98
	NAT KING COLE	LOVE MOODS (2 LPS)	9.98
	NEW SOUSA BAND	STARS & STRIPES FOREVER	8.98
	PERRY COMO	BLUE SKIES (2 LPS)	9.98
	PERRY COMO	LOVE MOODS (2 LPS)	9.98
	RAY PRICE	**PORTRAIT OF A SINGER (2 LPS)**	**12.98**
	ROGER WHITTAKER	*FIRE & RAIN (2 LPS)*	*9.98*
	ROGER WHITTAKER	**GOLDEN TONES (2 LPS)**	**9.98**
	ROGER WILLIAMS	IVORY IMPACT (2 LPS)	11.98
	SAM COOKE	YOU SEND ME (2 LPS)	9.98
	TOM JONES	GREATEST HITS	7.98
	TOMMY DORSEY	W/FRANK SINATRA (2 LPS)	9.98
	TONY BENNETT	ALL TIME FAVORITES (2 LPS)	9.98
COUNTRY	ANNE MURRAY	GREATEST HITS	7.98
	CARL PERKINS	CARL PERKINS (MCA)	6.98
	CRYSTAL GAYLE	COUNTRY PURE (2 LPS)	9.98
	DOLLY PARTON	GREATEST HITS	7.98
	EDDY ARNOLD	MELLOW SIDE OF (2 LPS)	9.98
	ELVIS PRESLEY	REMEMBERING (2 LPS)	9.98
	EVERLY BROTHERS	LIVING LEGENDS (2 LPS)	9.98
	FLOYD CRAMER	**COUNTRY CLASSICS**	**9.98**
	GEORGE STRAIT	GREATEST HITS	7.98
	GLENN CAMPBELL	ALL MY FAVORITES (2 LPS)	9.98
	JIM REEVES	ROOM FULL OF ROSES (2 LPS)	9.98
	MARTY ROBBINS	LIFETIME OF SONG:1951-1982 (2)	11.98
	PARTON & WAGONER	SWEET HARMONY (2 LPS)	9.98
	PATSY CLINE	GREATEST HITS	7.98
	PATSY CLINE	SWEET DREAMS	7.98
	REBA MCENTIRE	BEST OF REBA	7.98
	RICKY SKAGGS	LIVE IN LONDON	7.98
	RONNIE MILSAP	GREATEST HITS V2 (LOST IN 50's)	7.98
	SLIM WHITMAN	ONE OF A KIND (2 LPS)	9.98
	SUSAN RAYE	**THERE AND BACK**	**8.98**
	STATLER BROTHERS	PARTNERS IN RHYME	7.98
	STATLER BROTHERS	LES MORAN (COMEDY)	7.98
GOSPEL	BILL GAITHER TRIO	AND THEN HE SAID SING	7.98
	BLACKWOOD BROTHERS	16 ALL-TIME FAVORITES	7.98
	ELVIS PRESLEY	HOW GREAT THOU ART	7.98
	HEE HAW GOSPEL	**FIRST EDITION**	**7.98**
	HEE HAW GOSPEL	**SECOND EDITION**	**7.98**
	J.D. SUMNER	AN AMERICAN TRILOGY	7.98
	JIMMY SWAGGART	GREAT HYMNS OF THE CHURCH	7.98
	KINGSMEN	BETTER IN PERSON	7.98
	MASTERS V	SINGS HITS OF THE STATESMEN	7.98
	OAK RIDGE BOYS	OLD FASHIONED GOSPEL	7.98
	SANDI PATTI	SONGS FROM THE HEART	7.98
	TENN. ERNIE FORD	KEEP LOOKING UP	7.98
	BARBARA MANDRELL	**HE SET MY LIFE TO MUSIC**	**7.98**

OVER 44,000 CHOICES AT 1-800-FOR-A-HIT

Mail to:

1-800-367-2448

the MUSIC SHOP INC

50 MUSIC SQUARE WEST • SUITE 206

NASHVILLE, TN 37203

Name_____

Address_____

City_____ State_____

Zip_____

☐ MasterCard ☐ Visa # _____

Expiration Date _____

☐ I would like a **FREE Catalog**

CHECK ONE Album	CHECK ONE Cassette	ARTIST	ALBUM TITLE

SHIPPING: $2.00 for first item; $1.00 for each additional item.

SALES TAX: Tennessee residents only 7¾%

OVERSEAS: Customers outside intercontinental USA add 15% shipping.

TOTAL $

Orders with Credit Card or Money Orders receive prompt service.

Checks take two weeks to process.

SEP1

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Classified Directory

Advertise personals, vacations, rentals, books, art, gourmet items, employment opportunities, real-estate exchange and any item of general interest. Rates: 1-time insertion, $3.50 per word; 3-time insertions, $3.30 per word, per issue; 6-time insertions, $3.10 per word, per issue. For further information contact: Karen Smith, Classified Advertising, 1100 Waterway Blvd., Indianapolis, Indiana 46202. Phone (317) 636-8881. Payment must be received with order. Send check, money order or use your MasterCard or Visa with all numbers, including expiration date *and* signature.

Antique Stocks Wanted

Stocks, bonds, autographs, political pins, ribbons, banners, baseball memorabilia, cards wanted. High prices paid. Paul Longo, Box 490-J, South Orleans, MA 02662.

Antiques/Collectables

Military medals bought/sold. Catalog $1; subscription $6. Vernon, Box 1387SP, N. Baldwin, NY 11510.

Discontinued silver-plated flatware matching. Helen Lawler, Route 1, Box 334SP, Blytheville, AR 72315. (314) 720-8502.

Fine miniature books. Illustrated, readable, very limited editions. Hand sewn, bound with ancient, archival bookbinding techniques. Beautiful little books to love and delight now, appreciate for centuries. Catalog $3. Mosaic Press, Dept. 42, 358 Oliver Road, Cincinnati, OH 45215. (513) 761-5977.

Arts & Crafts

1/8- and 1/4-inch foam. Send $1 for catalog. Foam Plaque Company, Route 1, Hayward, WI 54843.

Handicraft catalog features over 2,000 molds for plaster, resin, candles. Also: beads, doll making, plastic canvas, fake fur, felt, sun catchers, instruction books, and more! Send $2 (refundable): Specialty Products, Dept. 3-B, 731 Brooks Road, Muskegon, MI 49442.

Australia—down under. Four miniature, mounted art color prints; Australian native birds, suitable framing or educational. Send self-addressed envelope, air mail $10. Light, P.O. Box 125, Sans Souci 2219, Sydney, Australia.

Art Supplies

Art supplies direct from warehouse. Save 25 percent to 40 percent. Name brands (no craft items), 48-hour service. Send for free catalog. Studio Arts, Inc., Box 41382, Dept. S, Indianapolis, IN 46241.

Books/Publishers

Publish your book! Join our successful authors. All subjects invited. Publicity, advertising, beautiful books. Send for fact-filled booklet and free manuscript report. Carlton Press, Dept. EY, 11 West 32 Street, New York, NY 10001.

The Antichrist: Will you mistake him? Free booklet; free Bible correspondence course. Box 50731-E, Pasadena, CA 91105.

Need a publisher? We are now seeking fiction, nonfiction, poetry, scholarly, and juvenile manuscripts for immediate publication. Send for free, illustrated brochure. Todd & Honeywell, Dept. SPE, 10 Cuttermill Road, Great Neck, NY 11021.

Get 150,000 miles-plus out of your car. Learn what car manufacturers don't tell. Send $9.75 for a copy of "The 175,000-mile car." Heartland Dist., 11902 Peoria Street, Sun Valley, CA 91352.

Ten-page booklet on your personal astrological profile, $8. Send birthdate, time, and place. *Star*, Box 451341, Atlanta, GA 30345.

What man's mind can conceive and believe it can achieve. Order "Think and Grow Rich," $5 ppd. Garden City Mail Order Inc., 323 S. Franklin Building, Dept. G-233, Chicago, IL 60606-7094.

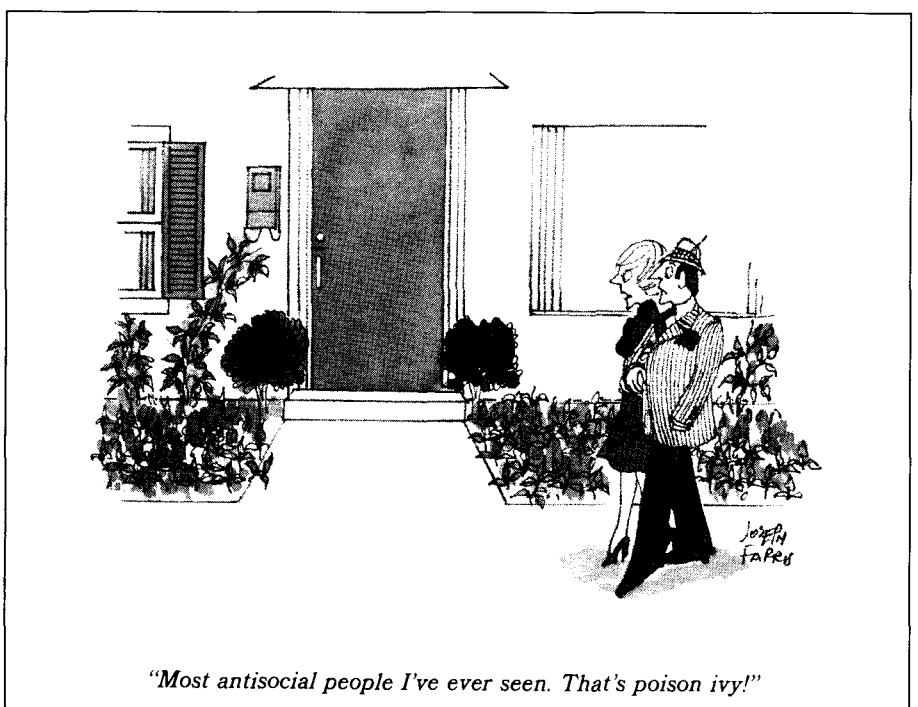
"A Widow's Guide to Financial Security"—82 pages of sound advice that will make you a "merry widow." Send $5.50 to "Merry Widow," 18 East 18th Street, Dubuque, IA 52001.

Business Opportunities

Stay home! Earn money addressing envelopes. New, genuine offer, 15 cents. Lindco, 3636-SP Peterson, Chicago, IL 60659.

$1,500 monthly! Home mailing program. Kashking, Box 6869, Boston, MA 02102.

$10-$360 weekly/up mailing circulars. No quotas. Sincerely interested, send self-addressed envelope: Headquarters-P3, P.O. Box 870, Woodstock, IL 60098.



"Most antisocial people I've ever seen. That's poison ivy!"

Registered nutritionists are needed. Rapidly growing field; how to become one. Catalog $1 ppd. Six-month correspondence study, diploma. Approved by California Department of Education. ANCA graduates become registered nutrition consultants (nutritionists) listed in national placement directory of RNCs. AMERICAN NUTRITION CONSULTANTS ASSOCIATION, Suite 100, 700 East Green Street, Pasadena, CA 91101. Attention: Dr. James G. Flaherty.

Bookkeeping-by-mail—home or office business. Spare/full time. Experience unnecessary. Jayhill's, Dept. 80, Plaza West Building, Little Rock, AR 72205.

Your opportunity to start and operate a profitable part-time mail-order business. A set of three great books will show you how. Your satisfaction guaranteed. Send $15.95, or for more information write: Barton Creek Distributing Company, Dept. 2, 11524 Highway 71 West, Austin, TX 78735.

Lifetime of homework! Successful 48 years, retiring. Secret can now be yours! Publico-265, Carlsbad, CA 92008.

How you can make $220-$745 weekend. National network television advertising will proclaim sensational new product. You supervise weekend demonstration sales in local stores. Write: J&R Limited, Suite 234, 1471 S. Main, North Canton, OH 47720.

Home business opportunities; lucrative profits. Free information. Roy, P.O. Box 108, Anderson, IN 46015.

Home import mail-order business. Start without capital. Free report. Mellinger, Dept. C1133, Woodland Hills, CA 91367.

A sensational, nutritional breakthrough awaits you. A free $5 tape explains it all. Phenomenal profits possible. Order today. 1403 Franklin Street, Rock Falls, IL 61071.

Catalogs

A new all-purpose greeting-card catalog. Only $1 (refundable on first order). Write Henderson Bailey, 14 Goldsmith Avenue, Box 2236SP, Newark, NJ 07114.

Do it Yourself

1,600 catalogs! Every subject imaginable! Directory U.S. $4. Catalogs Galore, 7914-xx Springfield Village, Springfield, VA 22152.

Education & Instruction

Term-paper assistance—15,278 papers available! 306-page catalog—rush $1. Research, 11322 Idaho, #206SE, Los Angeles, CA 90025. Or call (213) 477-8226.

University degrees! Economical home study for bachelor's, master's, doctorate. Prestigious faculty counsels for independent study and life experience credits. Free information: Richard Crews, M.D. (Harvard), President, Columbia Pacific University, 1415 Third Street, Dept. 2C73, San Rafael, CA 94901. Toll free: 800-227-1617, ext. 480; California: 800-772-3545, ext. 480.

British degrees, including higher doctorates in most subjects. Programs are designed to meet the requirements of appropriately qualified individuals. For a prospectus send $8 to: Somerset University, Ilminster, Somerset TA19 OBQ, England.

Home education magazine—for home-schooling families. Current issue $2, one year (12 issues) $20. Box 218, Tonasket, WA 98855.

Gardening/Plants

Free! Mellinger's country-living catalog; 4,000 items: seeds, plants, supplies, greenhouses, gifts! Mellinger's, SEP Range, North Lima, OH 44452-9731.

Genealogy

Census records, 1790-1850. Send $3 per family name and state per census. Also: SASE to ESRO, P.O. Box 540, Gardendale, AL 35071.

Gifts

Grand Canyon—two-hour spectacular helicopter exploration video. Breath-taking music, critically acclaimed. Details free. Beerger Productions, 3217-A12 Arville, Las Vegas, NV 89102. (702) 876-2328.

Beautiful gift catalog $1 (refundable on order). Young's House of Gifts, 1557 West Edithia Avenue, Dept. 15, Anaheim, CA 92802.

"Stuff It." Authentic *Post* canvas tote bags @ $7.95 ea. + $1 p&h. Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Health & Beauty

"Wishful Shrinking." No diet, no drugs—just happy, permanent weight control! Consultants, Box 32244-P, Cleveland, OH 44132.

FED UP? SLIM DOWN! Try 3D, a proven Christian diet program, with active groups in all 50 states. For information, call 800-451-5006 or write to: 3D, Inc., P.O. Box 897, Orleans, MA 02653.

Stop high blood pressure. New product, thousands helped. Free valuable report. Med-Logic, 4414 16th Avenue, Brooklyn, NY 11204.

Look younger instantly! Applied-pressure techniques lift sagging facial muscles. Surgeons' endorsements guaranteed. Free brochure! Lift, Box 3172 GS, Munster, IN 46321.

Overweight? Unhappy? Thirty years ago I lost 44 pounds and kept them off—100 percent natural method. Normal food, common sense; 30 years proven! Add healthy years to your life. Full price $4.75. Joe Shafer, P.O. Box 447, Solana Beach, CA 92075.

You can lose weight. Educate yourself. Send $1, SASE: Hebert, 107 Cyril Street, Pierre Part, LA 70339.

Stop smoking with TLC; could save you $135,000. Safe, natural method. No drugs, no mind games, no withdrawal pains! Satisfaction or refund, $27.77 ppd. TLC-Plan, P.O. Box 32022, Lafayette, LA 70503-2022E.

Chamberlain Golden Touch lotion. Unexcelled dry-skin corrective. If your druggist can't supply you, write Chamberlain, P.O. Box 3570, Des Moines, IA 50322.

Home Furnishings and Housewares

New furniture. All major brands discounted up to 50 percent. For prices or information, call toll free 1-800-334-9049; or write Johnson Furniture Distributors, P.O. Box 1828, 406 South Fayetteville Street, Asheboro, NC 27204.

1-800-334-7391 = 40 percent to 50 percent off suggested retail on fine furniture by America's quality furniture manufacturers. Shipping nationwide for over 35 years. Annex Furniture Galleries, 616 Greensboro Road, High Point, NC 27260.

BUY WHOLESALE CARPET DIRECT. America's finest carpeting at absolute wholesale. Commercial and residential NAME BRANDS shipped directly to your address. No tax out of state. Visa or MasterCard. For pricing/details—JOHNSON'S CARPETS, 3239 South Dixie Highway, Dalton, GA 30720. (404) 277-2775, 1-800-235-1079.

Miscellaneous

Is it true you can buy jeeps for $44 through the U.S. government? Get the facts today! Call 1-312-742-1142 ext. 7300.

Moneymaking Opportunity

MAKE MONEY writing magazine fillers. How-to booklet $3. Pixie Products, 6945 Royer Avenue, Canoga Park, CA 91307.

Musical Instruments

Play gospel songs by ear. Add chords. Ten easy lessons $6.98. Guaranteed! Davidsons, 6727SE Metcalf, Shawnee Mission, KS 66204.

Notices/Personal

Nice singles with Christian values. Free details. Write your age, interests. Dept. SEP, P.O. Box 454, Crossville, TN 38555.

ASIAN SINGLES. Sunshine International, Correspondence-Dept. XF, Box 260, North Hollywood, CA 91603.

Asian, European singles! Quality people! Inter-Pacific, Box 304-SP, Birmingham, MI 48012.

Borrow $500-$150,000 on signature! Any purpose—everyone eligible! Write National Credit, Suite 1111, 6649 Roswell Road, Atlanta, GA 30328.

DAVID GUARDINO, WORLD'S GREATEST PSYCHIC, *can help you to obtain love, money, and* health. (702) 386-0702, (702) 386-0827, (717) 691-9362, (615) 970-3542.

Friendship world-wide! All ages. Discounts/offers included. International Penfriends, Box 443(B), Lindsborg, KS 67456.

Free—guide to higher success. Powerful! Solve problems! Enjoy love! Enclose stamp. Write Newlife, Box 275-CV, Boulder City, NV 89005.

Lonely? Write Nationwide Friendship Club, Box 324, Ontario, Calif. 91762.

Pen pals: $1 each address. Age? Photo preferred. Steven-Marianne Kullmer, Drawer 418, Dysart, IA 52224.

Contact magazine for friendship, marriage. Members from Australia, New Zealand, USA, Canada, worldwide. Information free (sample issue $5). Singles(SE), P.O. Box 208, Adelaide, 5001, Australia.

Meet Christian singles. Local/world-wide—phone/mail introductions. Free information, fast service. Write: Box 9020-A30, Van Nuys, CA 91409.

"Jesus cares"—God's love letters, P.O. Box 13342, Albuquerque, NM 87192. (Confidential.)

Classical-music lovers' exchange. Nationwide link between unattached music lovers. CMLE, Box 31, Pelham, NY 10803.

Filipinas! Lovely, young, decent. Love to meet mature Americans. Exclusive addresses! SIG, Box 5412, Station B, Victoria, B.C., Canada.

Caring, intelligent singles. "Latins," Box 1716-SE, Chula Vista, CA 92012.

Of Interest to All

Odorbgone—dogs, cats, birds, drapes, carpets, couches, clothing, etc. No discolorations, stains, irritations. Unlimited effectiveness; 32 ounces $7.25, plus $2.25 p&h. P.O. Box 2127, Chino, CA 91708-2127.

Explore the mind. Play exciting, competitive, patented game of dream interpretation, $5. Rein Company, 35 Clark Street, Brooklyn, NY 11201.

Be cockroach free. Mother's safe, cheap, simple home recipe! Send $3, SASE: Forever Free, Box 324, Paducah, KY 42001.

Four magnetic refrigerator decoration patterns, $1 and SASE. Funny Farm, 126-P3, Suamico, WI 54173.

Save money, improve confidence. New-car buying report $4. Guaranteed. CM Hairston, 600 West Hortter, Philadelphia, PA 19119.

Of Interest to Women

Doorstop alarm frightens intruders and alerts you. Batteries not included, $10.95. Grandma's (C1), 18704 U.S. 20, Bristol, IN 46507.

Old Radio Programs

Yesterday's radio on tape. Quality sound, reliable service, free catalog. Adventures, Box 4822-P, Inglewood, CA 90302.

Free catalog: quality radio tapes. Carl Froelich, 2-S Heritage Farm, New Freedom, PA 17349.

Old-time radio on cassette. Quality guaranteed. Free catalog: Radio Memories from the Attic, Box 1, 1000 Augusta, Elgin, IL 60120.

Hello again, radio. Free catalog: Box 6176, Cincinnati, OH 45206.

Old radio cassettes. Free catalog: Radio, Box 9032, Wyoming, MI 49509.

Recipes & Gourmet Foods

Share your favorite natural-food recipes with *The Saturday Evening Post* food editors. Help us to help others. Send recipes to *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

Crazy grits combo. You'll love it; live longer, happier. Send $1, SASE: Edmondson, Box 88-SEP, Ocotillo, CA 92259.

Fabulous dessert recipes. Cheesecake, carrot cake, apple-cheese dessert. Impress your friends; $2. SCJ Publishing, 5431 Chatterbird Place, Columbia, MD 21045. Satisfaction guaranteed!

Egg-less cake recipes. Send $3.50, SASE to Jeff Owsley, P.O. Box 1541, Lima, OH 45802.

Authentic water-ground natural-grain products, shipped anywhere. Free price list with SASE. Falls Mill, Route 1, Belvidere, TN 37306.

Simple, exotic, delicious herb dip. Send $1 and SASE to Connoisseur, Box 669, Cary, NC 27511.

Super sauerkraut balls—$2, SASE: Julie Grobelny, 3522 Clague, North Olmsted, OH 44070.

Yummy-tummy recipes. Forty authentic Louisiana Creole recipes, $3.95. Rita Newman, 119 Railroad Street, Ville Platte, LA 70586.

Delicious, easy apple-rum turnover. Send $1 and SASE, C.J. Gardner, Box 19361, Detroit, MI 48219.

Favorite cookies for children of all ages, $5. Prudent Planners, Box 7932, Denton, TX 76203.

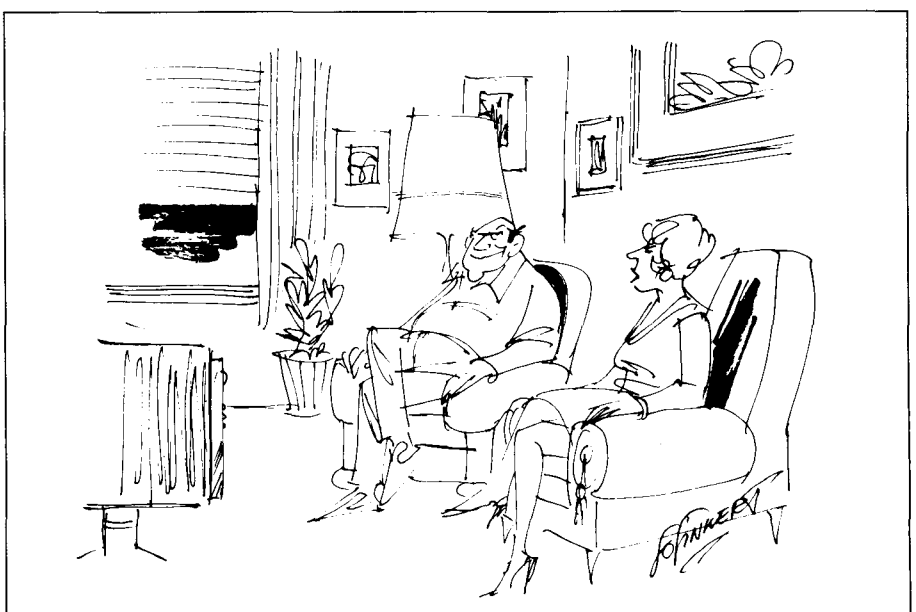
Easy pies, fruit pies, cobblers, and crisps: only $6. Prudent Planners, Box 7932, Denton, TX 76203.

Brandied-fruit starter recipes, plus brandied-fruitcake recipe. SASE and $2: Grandma's (C2), 18704 U.S. 20, Bristol, IN 46507.

Summer sausage—make your own. Spices-recipe $3 cash. Aunt Linda, Box 804, Lockeford, CA 95237.

True Italian polenta and lasagne recipes, $3 and SASE. Monarch Marketing, 167-2 Pleasant Valley Estates, Elko, NV 89801.

Why pay more? Buy direct and save. Over 350 nuts, candies, dried fruits, sugarless candies, coffees, and teas. Write to The Outlet for Nuts and Candies, P.O. Box 87, Schererville, IN 46375.

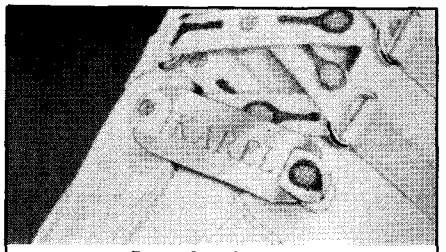


"I wouldn't say the magic has gone out of our marriage—you're still up to your old tricks!"

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

SPEAK ITALIAN, GERMAN, GREEK, Arabic, Hebrew, Swedish or 36 other languages like a native. Learn on your own from self-instructional courses developed by the Foreign Service Institute for U.S. State Department personnel. Typical course package includes 400-page text, 150-page manual, 12 cassettes, (17 hrs.) and is equivalent to a college course (cost $135). With the FSI's unique "pattern drill" learning method your cassette player becomes a teaching machine. You set your own pace–testing yourself, correcting errors, reinforcing accurate responses. Emphasis is on learning to speak the language; formal grammar is limited to essentials. Satisfaction guaranteed or money back. Catalog $1, refundable with order.

AUDIO-FORUM®
Room 32, On-the-Green, Guilford,
CT 06437 (203) 453-9794



Brass Sneaker Tags

Novel identification for kids of all ages. Set of two sneaker tags, made of tarnish-free solid brass, measures 1½" long and comes engraved with, as many as ten letters (please specify). Only $4.95. Money-back guarantee. New York residents add 7 percent sales tax. T.W. Plann, Lakeshore Drive, P.O. Box 540(D), Bolton Landing, NY 12814.

MEN PAST 40

Troubled With Getting Up Nights - Pains In Back, Legs, Nervousness, Tiredness

If you are disturbed by these symptoms, your troubles may be caused by glandular inflammation of your prostate. Although many people mistakenly think surgery is the only answer for this problem, there is a ***Non-Surgical*** time-tested treatment available.

The Excelsior Institute Clinic, devoted to the ***Non-Surgical*** methods of treatment for diseases peculiar to older men, has a new ***FREE BOOK*** that tells how these troubles may be corrected. The ***Non-Surgical*** treatments described in this book require no surgery, hospitalization or long periods of convalescence. Treatments take but a short time and the cost is reasonable.

Write today. This book may prove of utmost importance to you. No obligation.

Excelsior Institute Clinic
129E Broadway, Dept. 129E
Excelsior Springs, Mo. 64024

LIQUID PLASTIC
(NOT SOLD IN STORES)

Polyurethane that applies like paint forms a skin so tough it won't crack, chip or peel. Cuts painting costs . . . covers and protects like a shield of unbreakable glass.

WATERPROOF IN 30 MINUTES

Adheres to practically anything. Stops leaks. Ideal for concrete, aluminum, wood, masonry, canvas, any metal. Clear or any major color. Just specify. Order NAVAL 5.

Ship as follows: ( ) Qts. at $8.95 each. ( ) Gal. at $25.95. ( ) 5 Gals. at $20 per gal.

Shipping Charges: Qts. add $1.75 to your total, Gal. add $3.00 to your total.

Rosedale Chemical Co., Dept. X X
P.O. Box 3042, Rosedale, Kan. 66103

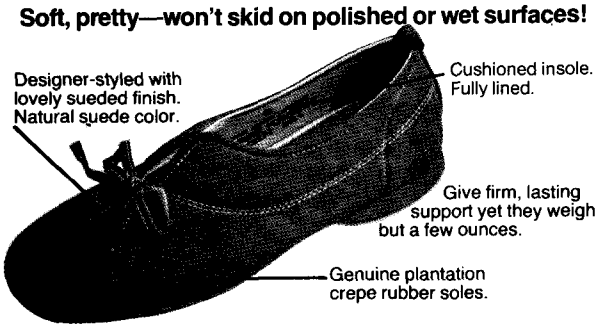
Letters for little people from
Uncle Toby
The perfect gift for children aged 3-8 years

12 letters from a lovable old codger. Cost ten dollars. Give name & age of child, address, parent's name.

Payable to: **Uncle Toby**
Mail to: Box 1635
Lake Bluff, IL 60044

"This marvelously comfortable slipper has saved me from some nasty falls"

Soft, pretty—won't skid on polished or wet surfaces!


Designer-styled with lovely sueded finish. Natural suede color.
Cushioned insole. Fully lined.
Give firm, lasting support yet they weigh but a few ounces.
Genuine plantation crepe rubber soles.

The only slipper we know of that uses real crepe rubber—Nature's most effective anti-slip material

Other slippers—with imitation crepe soles—look safe but become dangerously slippery on wet or highly-polished surfaces. The Thos. Oak slipper is soled with genuine plantation crepe *rubber* and, to our knowledge, it is the only slipper of its kind...A good-looking, *safe* slipper like this is long overdue! Comfortable, stylish, yet you can wear it up and down stairs; in slippery baths and laundries and feel secure with a firm, safe footing. The slipper comes in whole sizes 5 through 11 (half sizes order next larger whole size). Specify width: Medium or Wide. **$17.50.**

Available only from Thos. Oak

Delivered free.

Money-back guarantee

To phone in credit card orders, call **TOLL-FREE:** 1-800-833-1717

Thos. Oak & Sons 901 Main St., Salem, VA 24156 SE63S

Please send ___ pair(s) of ladies slippers (@$17.50) size ___ Med ☐ Wide ☐
Check encl. (VA res. add 4% sales tax) ☐ Charge to: Visa ☐ M.C. ☐ Am Ex. ☐
CARD NUMBER _____ EXP. DATE _____
NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

Four delicious dessert loaves. $2 cash, SASE. Loaves, P.O. Box 828, Champlain, NY 12919.

Religious

Christian singles pen-pal club. Send $2, SASE: D. Buettner, R.R. #2, Wood River, NE 68883.

The Creator has a name. Few people know it, yet they wonder why their prayers aren't answered today. Write for our free booklet, "Why Aren't Your Prayers Answered Today?" Learn the name of the Almighty. Write Prayer, Box 2442, Abilene, TX 79604.

Retirement Living

Retiring or moving? Set of 10 pictorial magazines shows homes in popular resort-retirement areas—$4. Homes & Land Resort Sampler, Dept. P, P.O. Box 13409, Tallahassee, FL 32317.

Services

Save old family photographs—don't let precious images fade away! Free information. Ball Studio, Dept. SE, Box 584, Corvallis, OR 97339.

Research/writing. All fields. Highest quality. Confidential. Research Services, P.O. Box 48862, Niles, IL (312) 774-5284.

Stamp & Coin Collecting

MAKE MORE MONEY with plate-block stamps; 20-page, illustrated booklet explains. Send $1. Plate-block Stamp Company, Box 6417P, Leawood, KS 66206.

Travel/Vacation

Shenandoah Valley Farm. Secluded, quiet, beautiful, cottages. Dixon's, Route 1, McGaheysville, VA 22840.

TRAVELING TO BRITAIN? We help you enjoy Britain economically. Free brochure, price list. InnerBritain, Inc., 3445 Wedgewood Road, Roanoke, VA 24015. (703) 744-4804.

Cruise discounts: 10 to 15 percent on 13 ships, 26 sailing dates. Send stamped, addressed envelope to World Cruise Club, 6420 Richmond, Suite 250, Houston, TX 77057.

Maui Travel Guide. Sights, restaurants, accommodations, shopping—$5.95. Arthur Enterprises II, P.O. Box 2278, Aptos, CA 95001.

Wanted

Any helpful tips that make your time in the kitchen easier. Send hints to *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

New

THREE MODELS OF WALK-A-CYCLES NOW AVAILABLE

"These walkers handle rough terrain, provide excellent stability and eliminate the lift and place motion of conventional walkers."

- The Deluxe ***WALK-A-CYCLE™***
  The Cadillac of walkers
- The ***ECON-O-CYCLE™***
  The new economy model

*CHILDREN'S MODEL AVAILABLE

- The ***COMB-O-CYCLE™***
  The combination indoor outdoor walker, provides stability and excellent maneuverability.

CALL OR WRITE FOR INFORMATION

AMERICANWALKER

608-835-9255
797 MARKET ST., DEPT K3 OREGON, WI 53575

THANK YOU FOR NOT SMOKING

That's the polite message these attractive 1-¼" x 3" red and white window decals give your smoking friends before entering your car. Two for $3.95 ppd. Satisfaction Guaranteed!

GILLIS MFG., 1775 S. 1st St., Bldg. #1, San Jose, CA 95112

GIANT HEAVY DUTY INFLATABLE BOATS

2 MAN $38
3 MAN $50
4 MAN $65

Before Midnight
For The Next 30 Days

As part of an advertising test, *Dunlap Boat Mfg.* will send any of above size boats to anyone who reads and responds to this test before the next 30 days. Each Boat Lot No. (Z-26 PVC) is constructed of tough high density fabric (resistant to abrasions, sunlight, salt & oil), electronically welded embossed seams, nylon safety line grommeted all around, heavy duty oar locks, 3 separate air chambers for extra safety (4 air chambers in 4-man), self-locking safety valves, bow lifting & towing handle and are recommended for marine, ocean and fresh water recreation, camping, fishing or a family fun boat. Each boat will be accompanied with a **LIFETIME** guarantee that it must perform 100% or it will be replaced free. Add $7 handling & crating for each boat requested. *Dunlap Boat Mfg.* pays all shipping. If your order is received within the next ten days you will receive FREE a combined hand/foot inflator/deflator bellows style pump for each boat requested. Should you wish to return your boat you may do so for a refund. Any letter postmarked after 30 days will be returned. LIMIT three (3) boats per address, no exceptions. Send appropriate sum together with your name and address to: Boat Dept. #545-B, *Dunlap Boat Mfg.*, 2940 W. Pico Blvd., Los Angeles, CA 90006. Or for fastest service from any part of the country call 1-800-824-9988 for Boat Dept. #545-B (Calif. residents call collect 213-735-9363), before midnight seven days a week. Have credit card ready.

"I'm wearing an EVA GABOR WIG (bet you didn't know it)."

So Natural-looking, So Comfortable, So Convenient

Send Coupon for FREE Catalog

of Famous Eva Gabor Wigs. Every Style and Color. Fully Guaranteed.

☐ Please send me FREE Catalog. No cost or obligation.

Name _____

Address _____

City _____

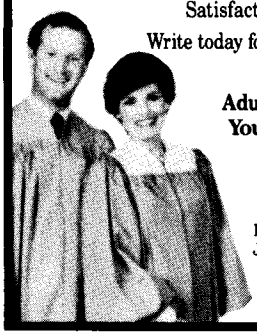
State _____ Zip _____

Paula Young Dept. 637, Brockton, MA 02403

LYRIC CHOIR GOWNS

HELP YOU LOOK, FEEL AND SOUND YOUR BEST.

Variety of styles, fabrics, colors • Quality craftsmanship • Thirty years experience • Satisfaction guaranteed



Write today for free catalog and fabric samples.

Adult from $19.95
Youth from $16.95

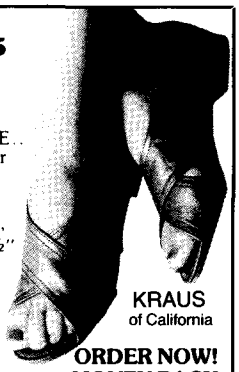
LYRIC
CHOIR GOWN CO.
P.O. Box 16954 - PA
Jacksonville, FL 32216
(904) 725-7977

"**Saying Grace.**" Popular Norman Rockwell print on canvas. (11"x14") $6.45 ea. Armchair Shopper, P.O. Box 130, Indianapolis, IN 46206.

'CROSSOVER' only $19.95

REG $25

- FULL & HALF SIZES
- COMFORT INSOLE.. extra cushioning for all day comfort.
- Straps of softest GLOVE LEATHER, a sturdy sole and ½" heel give you complete support with every step.
- CAMEL, WHITE, BLACK, BONE, RED & NAVY.
- Full & half sizes 6-12 N, 5-12 M & W.



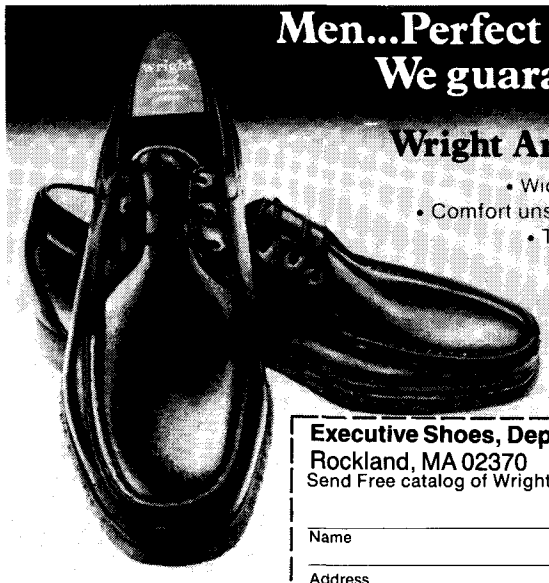
KRAUS of California

ORDER NOW! MONEY BACK GUARANTEE

CHARGE ORDERS CALL (602) 747-5000
We accept VISA, MasterCard, Am. Ex., Diners Club.
Add $2.25 p&h one item, $3.50 for two, $4.25 for three. Az. res. add 7% tax.
Send $1 for CATALOG or ORDER NOW & receive CATALOG and $2 BONUS CHECK good on *next* order.
Dept. CNT1A, 3740 East 34th St., Tucson, Az. 85713

Old Pueblo Traders since 1946

Men...Perfect Fit–by Mail! We guarantee it!



Wright Arch Preserver® Shoes

- Widths AAA to EEE. Sizes 6½ to 16
- Comfort unsurpassed by any other footwear
- Top quality standards maintained for 108 years
- 70 handsome styles in *men's footwear*
- Prompt delivery from factory stock of 30,000 pair
- Guaranteed satisfaction or money back

Executive Shoes, Dept. 146, Box E
Rockland, MA 02370
Send Free catalog of Wright Arch Preserver Shoes.

Name _____

Address _____

City _____ State _____ Zip _____

SEND FOR FREE CATALOG

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Hounds of Youth

continued from page 55

That's what we came for, isn't it?"

The tree was about 30 feet from our fire. We walked over and took a good look at it for the first time. My dogs, seeing we finally were going to pay some attention to them, started bawling and running around the tree.

Papa said, "It's not much of a tree, just an old box-elder snag. There's not a limb on it."

"I can't see any coon," said the judge. "It must be hollow."

Papa beat on its side with the ax. It gave forth a loud, booming sound. He said, "It's hollow all right."

Squatting down between my dogs, I held on to their collars.

Papa turned to the judge: "Come on and help me. I think we can push it over."

After much grunting and pushing on their part, the tree snapped and fell. I turned my dogs loose. On hitting the ground, the snag split and broke up. Goggle-eyed, I stood rooted in my tracks and watched three big coons roll out of the busted old trunk.

One started up the gully and ran between us and the fire. Old Dan caught him, and the fight was on. The second coon headed down the gully. Little Ann caught him.

Hearing a loud yell from grandpa, I looked that way. Old Dan and the coon were fighting close to his feet. He was yelling and beating at them with his hat. The judge and papa ran to help.

The third coon climbed up the steep bank close to me and disappeared in the thick cane.

Hearing a squall of pain from Little Ann, I turned. The coon was really working her over. He had climbed up on her back and was tearing and slashing. She couldn't shake him off. Grabbing a club from the ground, I ran to help her.

Before we had killed our coon, Old Dan came tearing in. We stood and watched the fight. When the coon was dead, papa picked it up, and we walked back to the fire.

"How many coons were in that old snag?" papa asked.

"I saw three," I said. "The one that got away climbed out over there." I pointed in the direction the coon had taken.

I never should have pointed. My dogs turned as one and started bawling and clawing their way up the steep bank. I shouted and scolded, but to no avail. They disappeared in the rattling cane.

We stood still, listening to their voices. The sound died away in the roaring storm. Sitting down close to the fire, I buried my face in my arms and cried.

I heard the judge say to my father, "This beats anything I have ever seen. Why, those dogs can read that boy's mind. He just pointed at that bank and away they went. I never saw anything like it. I can't understand some of the things they have done tonight. Hounds usually aren't that smart. If they were collies—or some other breed of dog—it would be different, but they're just redbone hounds, hunting dogs."

"It's me—back from your vacation."

Hearing my grandfather call my name, I went over and sat down by his side. Putting his arm around me, he said, "Now, I wouldn't worry about those dogs. They'll be all right. It's not long till daylight. Then you can go to them."

I said, "Yes, but what if the coon crosses the river? My dogs will follow him. If they get wet, they could freeze to death."

"We'll just have to wait and hope for the best," he said. "Now straighten up and quit that sniffling. Act like a coon hunter. You don't see me bawling, and this old foot is paining me awful."

I felt better after my talk with grandpa.

"Come on, let's skin these coons," papa said.

I got up to help him. After the skins were peeled from the carcasses, I had an idea. Holding one up close to the fire until it was warm, I took it over and wrapped it around grandpa's foot. Chuckling, he said, "Boy, that feels good. Heat another skin the same way."

The remainder of the night I repeated it over and over.

(To be concluded)

Hockey

continued from page 63

Every summer, more of Schulz' "guys" come from all over the country to compete in the senior tournament. Last July, more than 40 teams of graybeards came to skate. "There are a lot of senior tournaments around the country, but those who come here tell us this is the best," Schulz continues. "Canada has a well-organized old-timers' hockey program, but the United States doesn't. Yet."

Growing up in the winterland of Saint Paul, Minnesota, Schulz, exposed to the game at an early age, found there were few places to pick up the fundamentals or to develop budding skills. "I know from personal experience there weren't any places back then for people to play who are my age now," he says. "There were no arenas to play in; some outdoor rinks, of course, but nothing was organized. The absence of lights, the weather—a lot of factors prevented it."

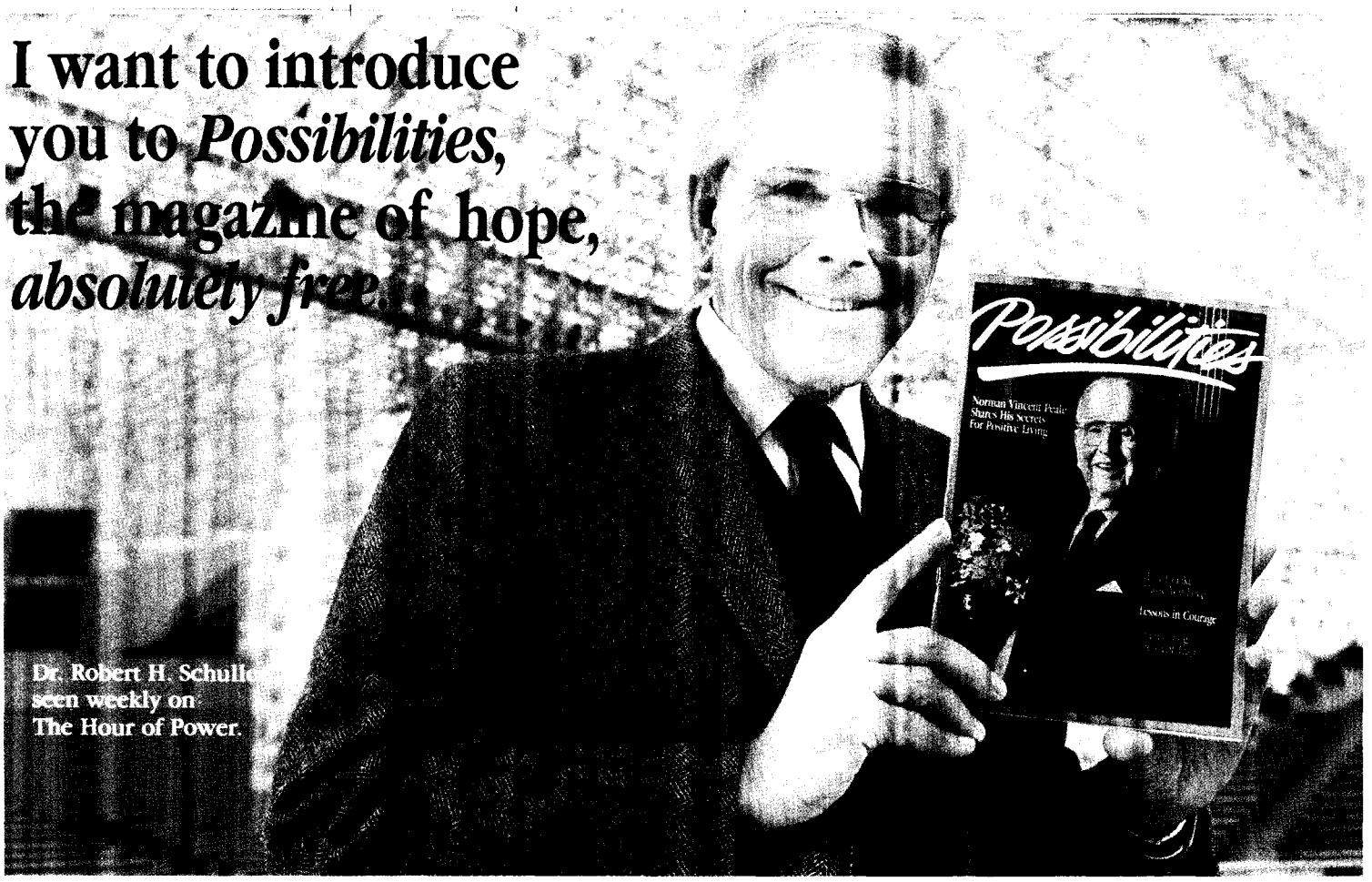
Not so today with his own Redwood Empire rink. "We have hockey three nights a week," Schulz explains. "The younger and better players all play on Thursdays; those of us in senior hockey and a few of the other guys play on Tuesdays, and the leftovers play on Wednesdays.

"The senior game is for those over 40. The oldest has been 60, but next year we'll go over the 65-year barrier. There are a lot of players 65 and older who are tired of chasing those 50-

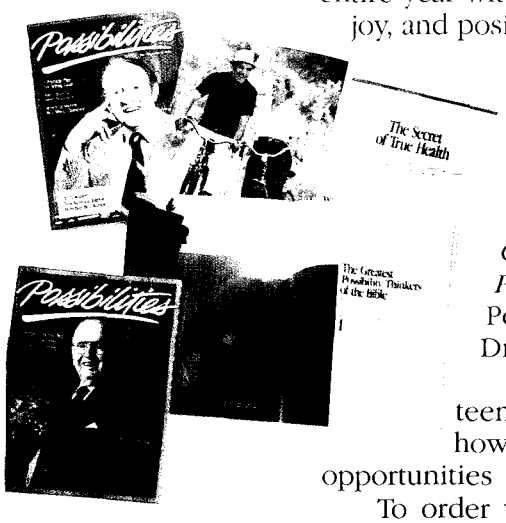
continued on page 86

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

I want to introduce you to *Possibilities*, the magazine of hope, *absolutely free.*


Possibilities
Norman Vincent Peale Shares His Secrets for Positive Living
Lessons in Courage
Dr. Robert H. Schulle
seen weekly on
The Hour of Power.

That's right. I want to send you this beautiful inspirational magazine for an entire year without cost or obligation. It's my way of passing along the hope, joy, and positive message that I have seen change so many lives.



Each bimonthly issue contains exciting, inspiring interviews with people like Art Linkletter, Jayne Meadows and Steve Allen, Efrem Zimbalist, Mary Kay Ash, Olympic champion Carl Lewis, Della Reese, and many, many more. And you'll appreciate the informative, positive articles on topics like *How to Win in the Game of Life* by Zig Ziglar, *The Strength and Power of Jesus Christ* by Dr. Norman Vincent Peale, and *Balancing Your Health* by Dr. Kenneth Cooper.

On topics ranging from self-esteem to health, you'll find advice on how to turn your challenges into opportunities and your scars into stars.

To order your FREE one-year subscription to *Possibilities*, simply use the attached card or fill out the coupon below and send it to:

Possibilities
Box 100
Garden Grove, California 92642

YES! I want to start living positively. Please send me my FREE subscription to *Possibilities*.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Possibilities, Box 100, Garden Grove, Cal. 92642

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

FOOD

WARMING UP IN CHILI WEATHER

There's a certain empty feeling on a cold March day that can be filled by only one thing— a steaming-hot bowl of chili.

by Allen Simon

The famed humorist Will Rogers once said he could judge a town by the chili it served. Rogers never met a man he didn't like, but he did once soundly lecture a California café owner for serving him a bowl of inferior chili.

The best chili, some say, is found in Texas, for in all probability chili originated among the Texas frontiersmen in the early 1800s, and that state still retains a loyal population of chili purists. President Lyndon Johnson was one: He stocked his Washington, D.C., kitchen with canned Texas chili to tide him over until he could get back home for more.

Real Texas chili is composed of cuts of beef or other meats cooked slowly for hours in "boon companionship" with fiery chili-pepper pods. The ratio of peppers to meat varies with the stoicism of the individual chili fan.

To many, however, chili in its pristine state is simply too volatile to be thoroughly enjoyed. Thus new versions have continued to appear. Today, as people seek to lower their consumption of fat (an almost essential ingredient in Texas-brand chili) new chili recipes have evolved that substitute chicken for beef or exclude meat entirely. Vegetarian chili recipes are delicious, full of protein, and popular.

Those who prefer chili with red meat should use the most lean cuts of ground meat available. To further defat the meat, cook it in a skillet and drain off the fat residue; then place the meat in a colander and put two cups of hot water over it to rinse away any remaining fat. Finally, mix the meat with the other ingredients.

Unless you are a Texas purist, you may enjoy sampling some of the following chili varieties for a change: a vegetarian chili with beans and bulgur wheat; two tasty versions of Cincinnati-style chili (with spaghetti), microwave and conventional; a delectable chicken-based Rhode Island Red Chili; and two tasty chilies con queso.

Cincinnati Chili

(Makes 8¾ cups or 8 servings)

1½ pounds ground beef
2 cups chopped onion
2 large cloves garlic, minced
2 teaspoons chili powder
¼ teaspoon ground cinnamon
Dash ground clove
1 can (46 oz.) V-8® vegetable juice
2 cans (16 oz. each) kidney beans, undrained
Hot cooked spaghetti

In 6-quart Dutch oven over medium heat, cook ground beef, onion, and garlic until beef is browned and onion is tender; stir to separate meat. Spoon off fat. Add chili powder, cinnamon, and clove; cook 2 minutes. Add juice; heat to boiling. Reduce heat to low. Cover; simmer 30 minutes. Add beans; simmer, covered, 15 minutes more. Stir occasionally: serve over hot cooked spaghetti.

Cincinnati 5-Way Chili

(Makes 6 servings)

2 pounds ground beef
2 cups chopped onions
2-3 cloves garlic, minced
1 ounce unsweetened chocolate, finely chopped
3-4 tablespoons chili powder
1½ teaspoons ground cinnamon
1 teaspoon crushed red pepper
1 teaspoon ground cumin
½ teaspoon ground allspice
¼ teaspoon ground turmeric
⅛ teaspoon ground cardamom
4 whole cloves
1 bay leaf
1 teaspoon salt substitute
1½ cups water
1 tablespoon beef-flavor instant bouillon
2 tablespoons cider vinegar
⅓ cup tomato purée
Cooked spaghetti
Kidney beans, drained
Cheddar cheese, shredded

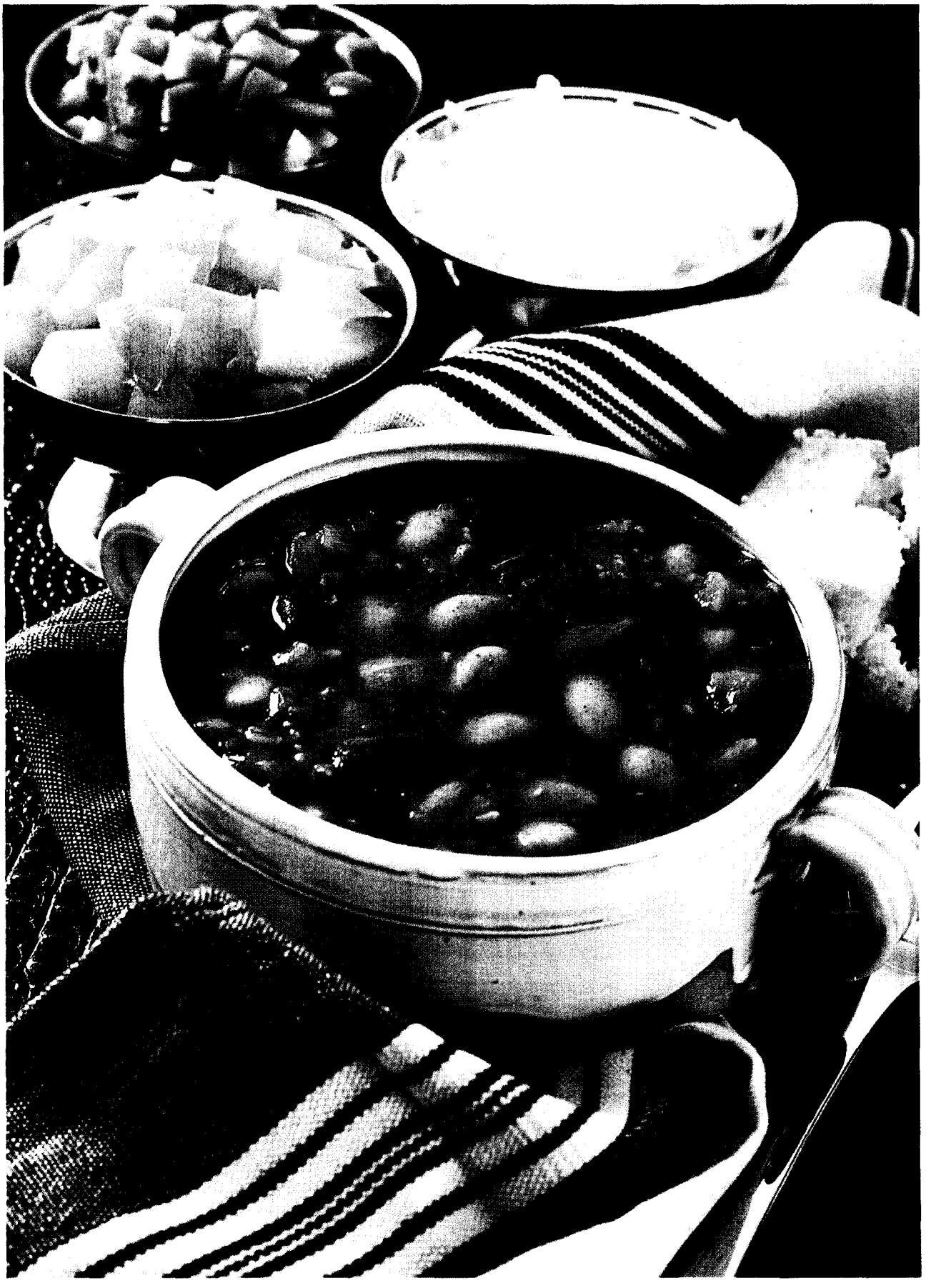
Place ground beef in microwave steamer or plastic colander; place in microwave casserole or bowl. Cover steamer with Glad® Microwave Wrap and vent one edge; microwave at High until beef is no longer pink (about 7 minutes); stir and break up beef after 4 minutes.

Place beef in 1½-quart microwave casserole; stir in onion, garlic, chocolate, spices, salt substitute, water, bouillon, vinegar, and tomato purée. Cover casserole with microwave wrap and vent one edge; microwave at High 10 minutes, stir. Microwave, covered, at Medium (50 percent) 15 minutes; stir after 7 minutes. Remove bay leaf.

Serve chili over spaghetti; add beans, more onion, and cheese if

Even chili purists are warming up to meatless variations such as Vegetarian Chili with Bulgur (right), a decidedly spicy recipe with chopped green chilies, hot vegetable juice, and two kinds of beans.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

you should desire.

Microwave tip: Chili flavor is improved if chili is made one or two days in advance, for flavors will blend.

To reheat chili: Microwave, loosely covered with wrap, at High until heated through (about 5 minutes); stir occasionally.

Rhode Island Red Chili

(Makes 4½ cups or 4 servings)

1 pound boneless, skinless chicken breast or thighs
2 tablespoons salad oil
1 cup chopped onion
2 teaspoons chili powder
½ teaspoon ground cumin
½ teaspoon dried oregano leaves, crushed
1 can (12 oz.) vegetable juice
½ cup Swanson® clear, ready-to-serve chicken broth
1 can (16 oz.) pinto beans, undrained
Hot cooked rice

Cut chicken into ½-inch pieces. In 2-quart saucepan over medium heat, in hot oil, cook chicken, onion, chili powder, cumin, and oregano until chicken turns white and onion is almost tender. Stir in juice and broth. Heat to boiling; reduce heat to low. Cover; simmer 15 minutes.

Add beans; simmer, covered, 15 minutes more and stir occasionally. Serve over hot cooked rice.

Chili con Queso

(Makes 6 to 8 servings)

1 pound kidney beans
Vegetable oil
1 large onion, diced
3 carrots, sliced
1 small green pepper, chopped
1 can tomatoes
1 small can tomato paste
3 cups broth or water
1 clove garlic, minced
1 tablespoon chili powder
½ teaspoon pepper
½ teaspoon oregano
½ teaspoon cumin
1 cup grated Cheddar cheese

Soak beans overnight, then cook them 1 hour in pressure cooker, or follow directions on package.

Heat a little vegetable oil in large, heavy skillet or soup pot. Add chopped onion and cook; stir frequently, until onion is transparent but not browned. Add carrots, green pepper, tomatoes, tomato paste, broth, seasonings, and cooked beans. Bring to a boil, reduce heat, and simmer 20 minutes or longer. Serve in soup bowls; sprinkle with grated cheese.

Leftovers: Store leftover Chili con Queso in refrigerator. Use it to make Southwestern Rice-Bean dish, or reheat and spoon into tortillas with grated cheese and chopped lettuce to make tacos.

"We advertised for a typist, but golly, a hypist is even better!"

Vegetarian Chili with Bulgur

(Makes 7⅔ cups or 7 servings)

2 tablespoons olive oil
1 cup chopped onion
½ cup chopped green pepper
2 medium cloves garlic, minced
1 teaspoon chili powder
1 teaspoon dried oregano leaves, crushed
4 cans (6 oz. each) "V-8" Spicy-Hot Vegetable Juice®
1 can (about 4 oz.) chopped green chilies, drained
¼ cup bulgur
1 can (16 oz.) kidney beans, undrained
1 can (16 oz.) pinto beans, undrained

In 3-quart saucepan over medium heat, in hot oil, cook onion, green pepper, garlic, chili powder, and oregano until onion is tender.

Stir in juice, green chilies, and bulgur. Heat to boiling; reduce heat to low. Cover; simmer 15 minutes.

Add beans; simmer, covered, 15 minutes more. Stir occasionally.

Olive Chili con Queso

(Makes about 2 cups dip)

½ cup finely chopped onion
1 tablespoon margarine
2 medium tomatoes, peeled, seeded, and chopped
½ cup Lindsay® Colossal Pitted Ripe Olives, drained and chopped
1 can (4 oz.) green chili peppers, rinsed, seeded, and chopped
⅛ teaspoon salt substitute
4 oz. (about 1 cup) shredded Cheddar cheese
4 oz. shredded Monterey jack cheese food (about 1 cup)
Milk
Tortilla chips or *corn chips*

In medium saucepan, cook onion in margarine until tender but not brown. Stir in tomatoes, olives, chili peppers, and salt substitute. Simmer, uncovered, for 10 minutes.

Add Cheddar cheese and Monterey jack cheese food, a little at a time; stir just until melted after each addition. Stir in a little milk if mixture becomes too thick. Cook and stir over low heat until heated through. Transfer mixture to small serving bowl; serve warm with chips.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Copper Bottom Cookware $2 Per Piece

(Atlanta, GA) —

FC&A, a nearby Peachtree City, Georgia, company is "giving" away 16,200 ten-piece sets of famous copper bottom cookware in an advertising campaign to increase its mailing list for the amazing price of only $2 per piece.

These ten-piece sets are guaranteed to be available only to the first 16,200 people who write to the following address before midnight, May 31, 1986.

To be eligible for your set, you must cut out and mail this notice with your order. Copies will not be accepted!

The 10-piece copper bottom cookware sets being offered are similar to those sets sold elsewhere at much higher prices. All pieces are stainless steel with copper bottoms and heat resistant handles.

Copper on the outside is wonderful for cookware. It's prized the world over.

Stainless steel on the inside helps keep food from sticking to the bottoms of pots and pans. The brilliant, scratch resistant stainless steel interiors are easy to clean.

Each 10-piece set contains:

5-1/2 quart dutch oven with lid
2 quart sauce pan with lid
1 quart sauce pan with lid
5/8 quart sauce pan with lid
10" skillet (uses oven lid)
8" skillet

Most cooks would love to own copper bottom cookware, but not everyone can afford sets like this. Similar sets sell for over $100. Don't wait to send in your order. You could miss this bargain of a lifetime!

Lifetime Guarantee

Each 10-piece copper bottom cookware set weighs over 7 lbs. Its construction is so heavy and durable that we offer an unconditional lifetime money-back guarantee. If for any reason you are ever dissatisfied with the set, simply return it to us for a full refund with no questions asked.

Sorry, Only 1 Set Per Customer

Because of the limited availability in this nationwide publicity campaign and our desire to obtain additional names for our mailing list, only 1 set may be purchased by each customer. Absolutely no exceptions will be permitted. Checks for more than 1 set will be returned to customers.

Not Sold In Stores

This widely advertised famous copper bottom cookware set will not be sold by us in stores. Order now! Tear out this ad, and mail it to the address below before midnight, May 31, 1986.

Free With Your Order

We will give you a 5-piece wooden spoon set ($5.00 value) free with your order, as a further inducement to get you to order and to be able to make use of your name for our mailing list. It's yours to keep even if you return the cookware set.

Don't Wait. Order Now!

Don't wait past the May 31, 1986 deadline. Order now! Tear out and mail in this ad with your name and address and a check for $19.95 plus $6.00 heavyweight shipping and handling charge to our following address: **FC&A, Dept. LSE-3,** 103 Clover Green, Peachtree City, GA 30269.

Remember, satisfaction is guaranteed or your money back!

© 1985 FC&A

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Hockey

continued from page 80

year-old kids around.

"We don't have any leagues," Schulz adds. "We discovered that if you start organizing teams and leagues, people begin to take it too seriously."

On the other hand, organizing teams and leagues is precisely the business of the Amateur Hockey Association of the United States (AHAUS). Established in 1937 as the national governing body for amateur hockey, the organization is now based in Colorado Springs, Colorado. Its spokesman, Mike Schroeder, says its mission "is to build a well-organized youth sports program for those interested in playing amateur hockey."

The population of those interested in playing now numbers in the tens of thousands. To satisfy this growing passion for hockey, the AHAUS conducts national championship competition in 12 age categories, ranging from Pee Wee (under 12) to Senior (over 30) for both sexes.

The AHAUS also organizes and conducts the hockey-competition phase of the National Sports Festival, a ten-day event that's held in the summers of non-Olympic years. It showcases the top 80 American amateur hockey players as part of the ongoing selection process in determining the U.S. Olympic hockey team. In addition, the AHAUS currently prepares teams for four different world-championship tournaments —the Olympic Winter Games, the World Championships, the World Junior Championships, and the Canada Cup.

But in spite of those thousands of players involved in the AHAUS and other amateur hockey programs, the very nature of the sport has been a handicap hampering its growth. Unlike basketball, baseball, or football, where a hoop nailed to a garage door or just about any vacant lot or backyard can make do, hockey requires a specific environment and rather elaborate equipment just to get started. (When was the last time that you ever heard about a pickup, sandlot hockey game?)

Consequently, a vast number of dedicated, but frustrated, adult hockey fans are culturally deprived because they lack the little-league experience so common to baseball and to football. And that, frustrated hockey fans, is exactly why the National Novice Hockey Association (NNHA) was invented.

In 1979, Ashley Root, a communications executive in Washington, D.C., was one of those frustrated fans. After watching the game most of his life, Root decided he wanted to learn to play but quickly discovered there were few, if any, places for adults like him to get started. And just like that, Root had stumbled over the First Commandment of Entrepreneurship: Find a need and fill it. Within six weeks, by word of mouth and a few newspaper ads, he had 130 players divided into six teams ready to follow him onto the ice.

"Whatever you did, it couldn't have been a serious *sin."*

Roots' novice league almost immediately began to expand to other cities. This fall, the NNHA will field 195 teams and about 3,500 players in Washington, D.C., Los Angeles, the San Francisco Bay area, Denver, Phoenix, San Diego, Saint Louis, Boston, Chicago, Hartford, Philadelphia, Minneapolis-Saint Paul, Detroit, and the New York-New Jersey megaplex. Those 3,500 players have one thing in common: Wayne Gretzkys they're not. But then, who is?

"If people have been playing any hockey at all, they're definitely too good for our league," Steve Katz, the association's vice president, says.

"Most people in our leagues generally are hockey fans who've never had an opportunity to play, and most have a minimal amount of experience," he continues. "Maybe half have been recreational skaters and a fourth might have played some hockey when they were kids, but the other fourth may have never even been on skates before."

For those who qualify, the NNHA provides eight weeks of professionally supervised instruction before they skate in their first game. Designed to accommodate those with a desire to learn the game from the players' point of view—even if they've never skated before—the instructions include some basic skating, stick handling, shooting techniques, and some play strategies.

The emphasis on safety and the de-emphasis on the violence that so often mars professional hockey have been major factors in attracting the recreational players to NNHA ranks and rinks. Body checks and slap shots are illegal; they result in two-minute penalties. Fighting can mean expulsion from the association. NNHA games consist of three periods of 15 minutes each (the pros play 20-minute periods), and all players must be completely outfitted with pads, helmet, and full-face cage mask.

"It's not a cheap sport to play," Katz admits. "The equipment, the initial investment, can be pretty expensive, so we are attracting a lot of the white-collar crowd. We're offering the guy who sits around the desk all day something different in the way of exercise. We're attracting a lot of people who have been jogging without enjoying it, or who have joined a health club to lift weights because they know they need to keep in shape. We're offering something else that's pretty important, too: the chance to make a lot of fantasies come alive."

Reprinted from Delta Air Lines' SKY magazine, Halsey Publishing Company © 1985.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Our Goal is Simple ...Supply the Highest Quality Equipment for the lowest possible price.

Write for FREE 1986 full-line catalog.
($1.00 for postage would be appreciated)

Panasonic
Professional/Industrial Video

Just call Jay Cole for prices that are wholesale ...and technology that's free!

If like other Christian ministries or Christian workers, your budget is limited, you want to spend every dime wisely.
Jay has spent the last 18 years buying and providing audio and video equipment at wholesale prices. Why? To help you reach the world with the saving message of Christ.

*So, if it's a **Panasonic** 3-tube professional broadcast camera, projection TV, a complete editing system, special effects generator, cassette tape duplicator, cassette tape player, or just 100 C-60 cassette tapes that you need, just call Jay, **(501) 521-1758***

Three Tube Cameras
*Each camera listed comes with standard 2 line enhancement and cost is **without** lens*

WV 555B
- *1/2" Saticon™ tubes*
- *600 lines*
- *80 lux min.*

(Retail) *$4,700*
(Your Cost) ***$3,390***

WV 555BN (Night Hawk) N-3
- *1/2" Newvicon® tubes*
- *600 lines*
- *20 lux min.*

(Retail) *$4,995*
(Your Cost) ***$3,600***

WV 888
- *2/3" Saticon™ tubes*
- *650 lines*
- *40 lux mim.*

(Retail) *$7,400*
(Your Cost) ***$4,990***

WV 890
- *2/3" Puumbicon® tubes*
- *600 lines*
- *40 lux min.*

(Retail) *$9,700*
(Your Cost) ***$6,990***

mission service*supply

Rt. 4 Box 384 / Fayetteville, Arkansas 72701 / **(501) 521-1758**

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Saturday Evening Post
· SOCIETY ·

Dear Reader:

An exciting new grain has been developed by Montana State University. It's barley without a hull. This hulless barley develops a coarser outer layer that makes it higher in fiber than regular "pearled" barley. Ordinary barley grains are covered by two inedible outer husks that cover the embryo (or germ) and by a thin, protein-rich layer called the aleurone. When this barley is processed for human consumption, the husks, aleurone, and germ are nearly always removed, resulting in "pearled" barley. Unfortunately, without the aleurone, much of the nutritional value of barley is lost, including valuable protein, fiber, and B vitamins. No "pearling" is necessary with hulless barley. The whole grain can be eaten just as it is grown.

Barley contains water-soluble fibers (pentosans and glucans), which as Dr. James Anderson has shown, are so important for lowering cholesterol and lessening the amount of insulin required for diabetics. In addition, barley is also very high in lysine, containing about twice as much as wheat.

Researchers at the University of Wisconsin became interested in barley when they reviewed reports that in some areas of Asia, humans consuming barley as the major dietary cereal had a low incidence of cardiovascular disease. Wisconsin studies showed that cholesterol production in the livers of chickens was reduced 45 to 65% when they were fed barley. And there was less weight gain on the barley diets! Substantial cholesterol reductions were also noted in barley-fed swine. The researchers theorized that the barley inhibited enzymes which produce cholesterol in the liver. They concluded that the low blood cholesterol levels caused by barley feeding might be extrapolated to coronary artery disease in humans.

Barley also has a high amount of the type of fiber that seems to be very hygroscopic, or water-holding, according to nutritionist Dr. Rosemary Newman at the University of Montana. This should aid in gastrointestinal function and in preventing constipation.

For our readers, we're packaging both whole-grain hulless barley and unprocessed wheat bran in lined brown paper bags to help more of you discover the amazing benefits of eating fiber--both insoluble fiber for a healthier digestive tract, and water-soluble fiber for lowering cholesterol and the chances for a heart attack.

If you care about wellness, I hope you will read the next page.

To your good health,

Cory SerVaas, M.D.

Cory SerVaas, M.D.
Research Director

Division of the Benjamin Franklin Literary & Medical Society
1100 Waterway Boulevard • Indianapolis, Indiana 46202 • (317)636-8881 • Telex 27-440

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Eat Barley for Health!

We want to make it possible for everyone who helps support our research to obtain a trial bag of hulless barley and a bag of unprocessed wheat bran. Dr. Rosemary Newman, who teaches nutrition at Montana State University, has provided us with delicious recipes for hulless barley soups, stuffed mushrooms, stir-fries, salads, muffins, poultry stuffings, and more. We'll enclose them with your bag of hulless barley.

Research scientists at the University of Wisconsin believe barley contains a substance that inhibits cholesterol production in the body.

Atherosclerosis and coronary heart disease are rare in areas of the world where barley is a staple part of the diet.

We want you to start on your own cancer and heart disease prevention program by trying our new hulless barley along with unprocessed wheat bran.

We wish we could mail gift bags to all our members, but we must limit them to those who send a contribution to support our cancer and heart disease research.

If you can send a tax-deductible contribution, please know that it will be spent on practical medical research to find out how to prevent cancer and heart disease. Our gift to you is for your good health. Your gift to us helps others as well.

The Saturday Evening Post Society

P.O. Box 567 • Indianapolis, IN • 46206

Yes, I want to start on high-lysine, whole-grain hulless barley and unprocessed miller's wheat bran. Please send me a bag of each, along with a free copy of high in lysine hulless barley recipes. I'm enclosing a contribution to the medical research for:

☐ Cancer prevention ☐ Heart disease

My Donation $5 _____ $10 _____ $15 _____ Other _____

☐ Check/money order is enclosed. Charge to: ☐ VISA ☐ MasterCard

Card no. _____ Expir. date _____

Signature _____

Name _____

Address _____

City _____

State _____ Zip _____ 326050

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

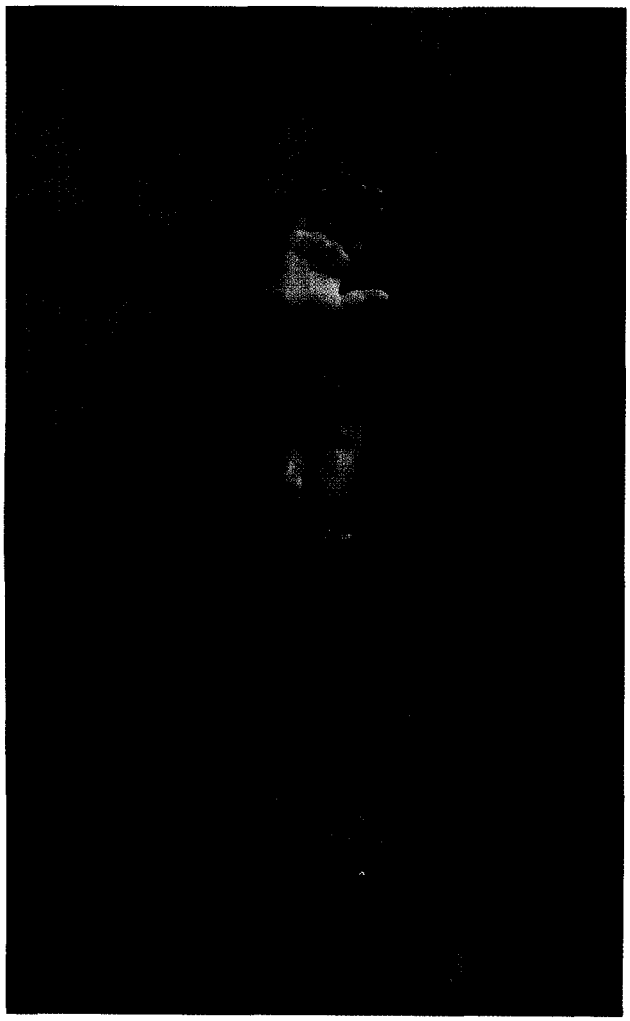
CHINA

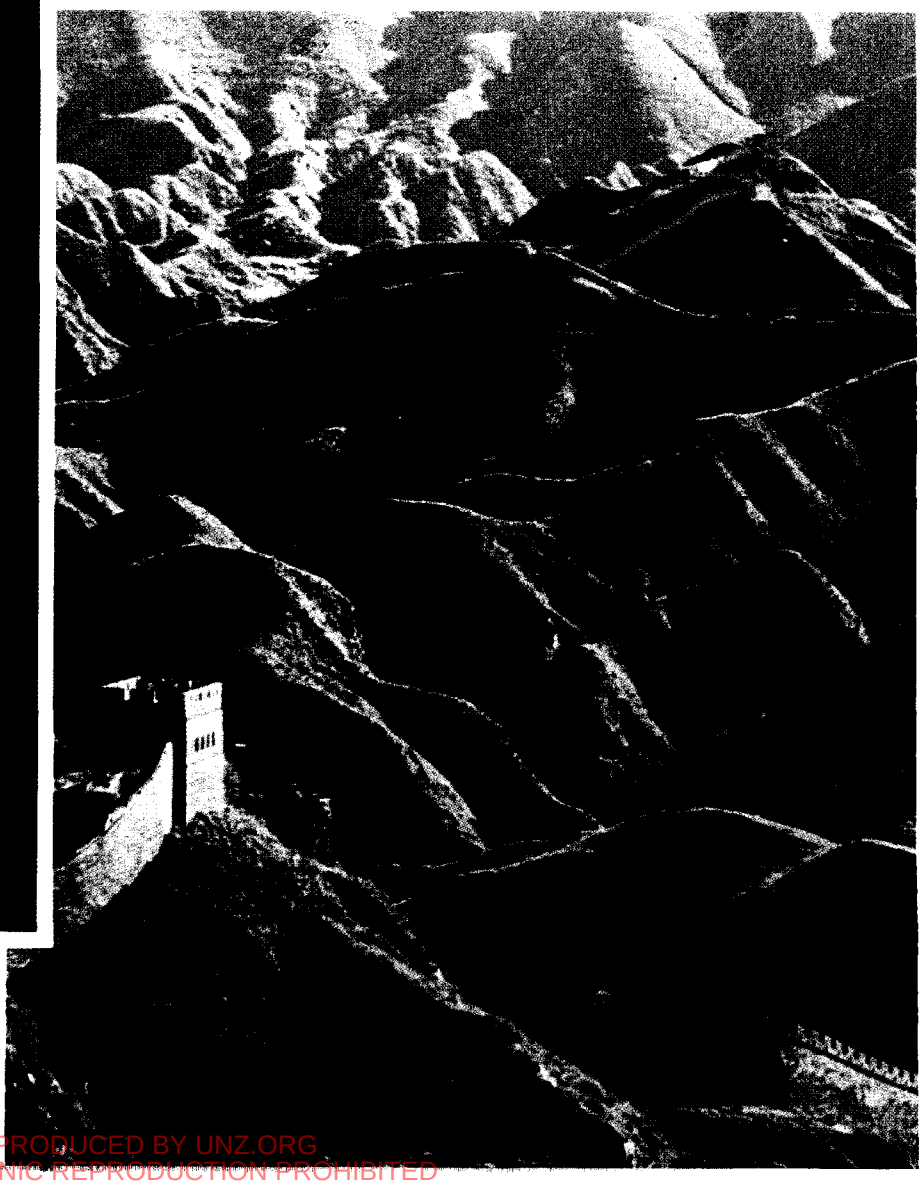
One of the world's oldest civilizations invites you to explore ancient wonders: the Great Wall, Grand Canal, Forbidden City—and to witness bold new beginnings.

by Pat Perry

Outside a dimly-lit silk factory in the port city of Dalian, a mud-gray row of one-room houses runs precipitously alongside. Overloaded bicycles and pushcarts creak up the narrow road and kick more dust into the already hot, thick air. But emerging from this stark scene of unblinking sameness, a beautiful child, round-faced, with dazzling charcoal eyes, timidly approaches a curious stranger to offer her porcelain smile and an outstretched hand in welcome.

In China, you are the honored guest. From the factories and fields, the city streets and crowded waterways, the Chinese people come forward to greet you. Smiling faces and warm, friendly receptions





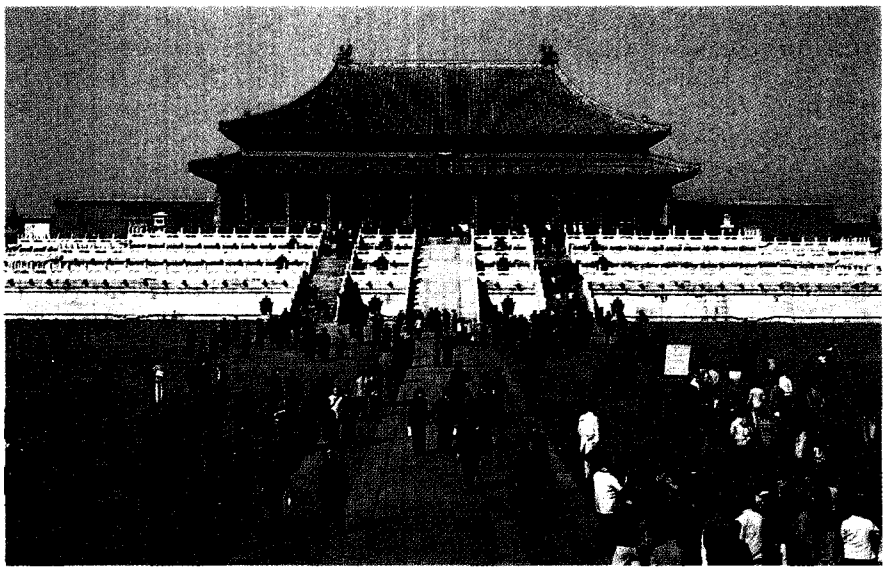
In China, the child is sacred. Just as the awesome beauty of the Great Wall symbolizes China's ancient greatness, the child represents its hope for the future.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

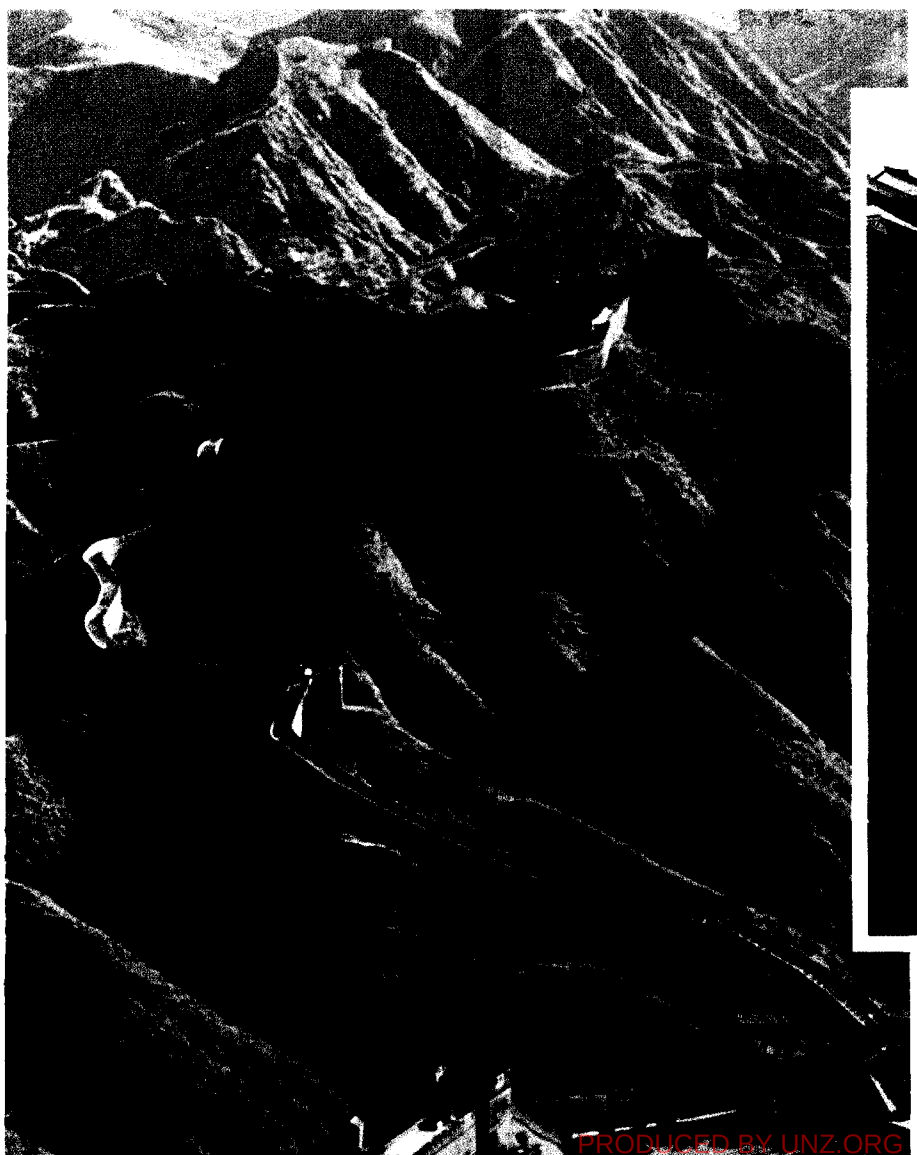
are one of the most delightful aspects of Chinese culture, and they surface unanimously in the enthusiastic reviews travelers to the East bring home.

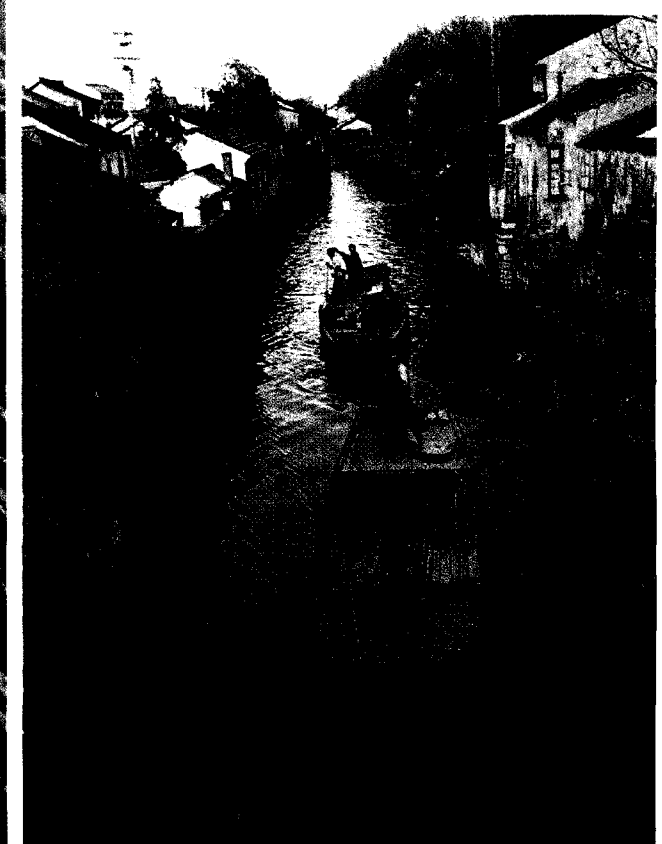
China's charm is its people. Acting out their lives against a backdrop of bewildering and austere realities, the people appear content, confident, and proud. But often, China is not beautiful. The turbulent past of wars and revolutions has left visible scars. They are healing. To witness China is to witness a country and a culture in an evolutionary stage. And you'll leave fascinated—possibly challenged.

The changes are vast and in plain view. Mao Tse-tung's picture is no longer everywhere. Party historians argue over his historical status. Deng Xiaoping's bold modernization programs have ushered in a fresh sense of renewal and hope.



The immense grandeur of the Forbidden City, once off-limits to the ordinary person, reflects an elegance in taste and artistry afforded by dynastic emperors. Designed in the 15th century, the sprawling complex once contained 9,999 rooms.





Life on the Grand Canal continues unchanged. Human-powered ferryboats and trains of barges heaped with onions or bricks labor up and down its muddy waters.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Slogans plastered and painted on billboards and cement walls urge the workers to "Support the Party," "Work Hard," and most recently, "Get Rich." And the people listen. Education is on the upswing after the crushing sweep of Mao's Cultural Revolution, when intellectuals were shoved to the rice fields or the pig farms, and culture was suspended.

Television is a symbol of prosperity. Color sets are coveted. In Shanghai, I was bewildered by a line of shoppers at a nondescript appliance store. Shoulder to shoulder, the eager patrons began queuing at dawn. By 10 a.m., hundreds stretched around the huge city block. In China, customers apply for a television, and their names were next on the list. Supplies, however, never equal the demand. Many would leave empty-handed and perhaps try again the next week.

Why anyone in China would want a set would baffle a Western viewer. The programing is pedantic and by our standards amateurish. To parallel the ambitious reforms, the airwaves teach—English, mathematics, engineering, and physics. Occasionally, an opera or an acrobatic act relieves the incessant push for improvement felt everywhere in China.

The people are eager—for education, for better housing, for more.

The pace is sometimes exhausting. Workers and shoppers choke the streets of Shanghai. Twelve million Chinese live in and around Shanghai. It would seem that one false step would trip and topple the entire population. But the rhythm is even, the mood calm. No arguments, shoving, or shouting. Just people going. . . somewhere. Workers returning home from the eight-hour shift at the factory; others reporting for duty. Shoppers dawdle before the stacked blender display window at No. 1 Department Store, while others rest on their haunches next to fish and meat markets.

In such major cities as Shanghai and Peking, life is lived on the streets. The streets are free. Space is the one commodity the Chinese can't buy. To escape the confinement of the typical one-room, four-resident apartment, they fill the boulevards, avenues, and alleys.

The crowds reveal signs of change. Proletarian-blue padded coats are worn at the seams and replaced by brightly colored Western blouses and fashionable skirts and pants. Hair salons are back in business.

Chinese teen-agers cry for jeans and rock-'n'-roll. When the British pop group "Wham" appeared in concert in once uptight Peking, thousands of youths packed into a crowded auditorium to enjoy the once banned music. This month, David Copperfield, the magician and illusionist, will attempt to walk through the Great Wall of China. Golf courses are being built in the valley of the Ming Tombs, and amusement parks are slated for construction soon.

Entertainment is a luxury the Chinese worker can now afford and desire. So, it is invited.

The influx of foreign exchange does not stop at entertainment. Experts in robotics, engineering, and computer science teach and train the young, gifted students at the university. Simultaneously, young men and women by the thousands sit in classrooms abroad. They will return more capable and more useful, and will teach others, thereby guaranteeing the future.

Housing developments spring up like dandelions; blocks of brick and concrete apartment buildings sprout at a phenomenal rate. Peking is one giant construction site; bamboo

continued on page 95

VIRGIN ISLANDS: BARGAIN SAILS

Most people hearing of the Virgin Islands think first of the island of Saint Thomas and its capital, Charlotte Amalie—a bustling, Americanized, nightlife-laden destination for 747s and huge cruise ships. Just this February the island throbbed to the music and dancing of the annual Carnival, led by "Mocko Jumbies," who spur the revelers on from atop 17-foot stilts.

But the first-timer in the Virgins has to leave the big city behind and get out on the back roads, as it were, to really feel that his vacation nickel has taken him out of the States. He actually will leave the United States if he makes a minimum attempt to explore the Virgin Islands. Only the western third or so of the islands—Saint Thomas, Saint John, and slightly more distant Saint Croix, off to the south—is American owned, bought from the Danes in 1917. To the east

Fortunate travelers to the white sands of Cinnamon Bay Beach, Saint John, owe a thank-you note to Laurance Rockefeller, who donated the haven to the park service.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

stretch the British Virgin Islands, or B.V.I.—a string of pearls that, rising abruptly in brown green lumps, surround their own little lake, the Sir Francis Drake Channel.

Brown green lumps in the Caribbean? Well, lush foliage isn't a constant feature of the B.V.I. "Semitropical" is semiarid here, where the cacti sometimes grow, as well as the local version of the Christmas tree—the century plant, which, somewhat like its northern counterpart, blooms once and dies. Even the simplest, ramshackle hut with chickens scratching in the dirt, high in the hills, must by law be built with a cistern to catch the precious rainfall. Rainfall is frequent if not overabundant in the Virgin Islands. Any slightly overcast sky is a potential shower, a sudden spray that comes and goes before three-quarters of the sky ever has a chance to cloud over; a minor inconvenience to sunbathers on the snow-white beaches that underline the tall, green islands, a boon to ships' crews swabbing decks and fighting sea-water rust.

Between big-city Saint Thomas (lots of Buicks, Pontiacs, condos, and steel-and-glass buildings) and the small-town B.V.I. (roosters in the streets of Road Town, the capital), lies the suburb of the Virgin Islands—Saint John, an American possession. Most of this most serene island was once owned by Laurance Rockefeller; he developed what he wanted as one of the world's premier resorts, Caneel Bay, and gave the rest to the National Park Service. As a result, development on Saint John is carefully controlled; there never was and never will be the hustle and bustle of the "mainland." Visitors reach it mainly by ferry, often as a one-day visitor, for overnight accommodations—even the campgrounds—are limited and often booked a year or more in advance.

No wonder. Saint John is the Virgin Islands run riot, the jewel of the Virgins, American or British, perhaps of the Caribbean. Islanders quote unnamed sources that rate the Trunk Bay beach, for instance, as one of the top ten in the world (open to the public, by the way). That anonymous expert is not only expert but right. Could the sand be finer or whiter, the water bluer, the lapping waves gentler?—ah, well, there's even a snorkeling "trail" about 50 yards offshore where the landlubber can come face-

STEAMBOATIN'!©

At 8 m.p.h., discover 150 years of America in 7 days.©

At 8 m.p.h. America is on parade every day aboard America's two authentic steamboats, the Delta Queen® and Mississippi Queen.® New Orleans! Vicksburg! Natchez! St. Louis to St. Paul. And along the way, Hannibal, Missouri, boyhood home of Mark Twain. Enjoy real Steamboatin'

hospitality. Five glorious meals a day. Nightly Dixieland Jazz and red hot Mamas singing the blues!
See your travel agent or call **1-800-543-1949** for reservations information or fill out the coupon below for a free color brochure.

For a free color brochure write:
Delta Queen Steamboat Company
Dept. SV-10 # 30 Robin Street Wharf
New Orleans, Louisiana 70130
or call **1-800-543-1949**

Name_____

Address_____

City_____ State_____ Zip_____

Telephone ( )_____

When do you plan on taking your next vacation?
within 4 months ☐ 4-12 months ☐ 12 months or more ☐

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

to-face with exotic sea life and coral formations.

As the sun sets on the daytime visitor to Saint John and he's forced to drive back to catch the ferry, he travels a well-paved parkway through dense growth (Saint John gets the most rainfall of any Virgin Island). Up steep grade and down the rental car goes, passing Rockresort's Caneel Bay (Laurance R. reserved some pretty fair country beaches for his corporation, natch) and pausing at the latest picture-perfect overlook.

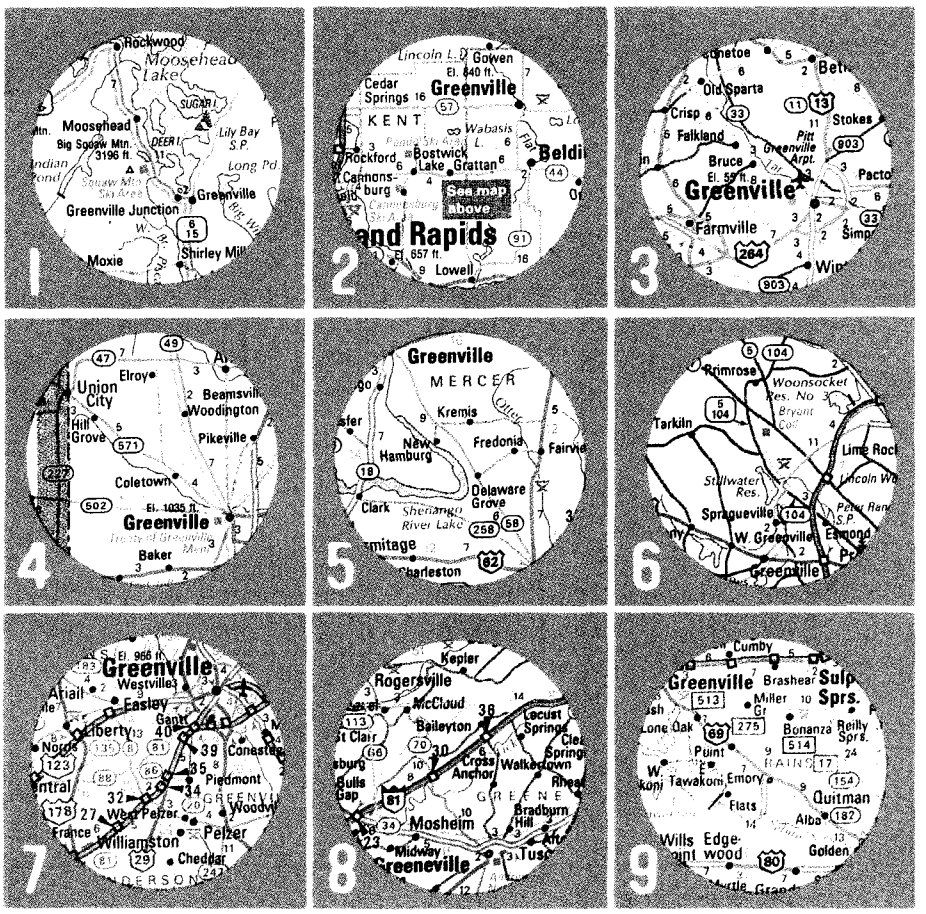
The parklike calm and beauty of Saint John (two-thirds national park) are no inevitable results of history. The early goings on in the vicinity were pretty grisly. Besides the obligatory extinction of the native Indians by the Spanish, Saint John, courtesy of its thriving sugar-cane plantations, held the granddaddy of all slave revolts in 1733. Things got so bad the Danish masters called in foreign troops to restore order. The last resisters threw themselves off cliffs. As in so many matters historical, the bloodshed was for naught: The sugar economy pooped out a few decades later, and now all that's left of the plantations are crumbling ruins the park service is gradually restoring.

Saint Thomas to Saint John, big city to suburb, is a snap; saints Thomas or John to the B.V.I. is no more than a two- or three-mile excursion itself. They're happy to see some American foot traffic in the sparsely populated British sector, so the only paperwork necessary is flashing a voter-registration card. (American Express is still not accepted as proof of citizenship.) Ferries and small planes are the usual ways to get there, but a sailboat makes the perfect introduction: As mentioned previously, the Sir Francis Drake Channel, actually only a few city blocks from the Atlantic Ocean, is a body of water unto itself—the Mississippi looks wider at Memphis.

In every direction the intrepid sailor sees yet another benign B.V.I. thrusting from the emerald waters. Sailing craft, lured by the constant trade winds and easy island-hopping, ply the channel everywhere. Sir Francis' name implies a Virgins' tradition stretching back centuries; however, yesteryear's were not strictly pleasure craft—a Jolly Roger being hoisted when the occasion demanded. Some of their lairs are marked today by such place-names as Jost Van Dyke, named for a prominent freebooter of the 17th century. Not far from Jost Van Dyke is Norman Island, reputedly the Treasure Island of Robert Louis Stevenson. A grotto large enough to shelter a privateer or two looms over the waterline on the channel side of the island, but no one's claiming your beach shovel will strike any barnacle-laden chests.

Such is not the case near Anegada, the only coral Virgin, far out in the Atlantic. Bert Kilbride, a bewhiskered, septuagenarian deep-sea diver by trade who looks 20 years younger than his age, is convinced he is close to finding the remains of the Spanish galleon *San Ignacio*, sunk nearby in 1722 with $100 million in bullion aboard, according to official Spanish records. So far all he has to show for a decade or so of labor is a couple of cannons and "some silver."

Few sailors, or any other visitors to the Virgins, dream of sunken treasure. They do come to savor the sunshine and cool breezes, to explore idylls, coves, and beaches, to scale dizzying heights for their panoramic effects. Those who want to spend the bulk of their time on one particular island or another may do so, but most prefer to sample an island or two a day—and the best way to do that is by boat. A variety of windjammers (self-crewed sailing vessels) run out of Saint Thomas and duck in and out of



© Rand McNally & Co., R.L. 83-S-53

Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 105)

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

the islands; a more elegant way to the same end is the itinerary of the *Newport Clipper*, a large yacht or small cruiser, as you will, that has begun cruising the Virgins in the past few years. The *Clipper* will take you to all the aforementioned locales and at the same time pamper you with a combination of eager young staffers, roomy accommodations, and cuisine which will make your eventual homecoming that much less joyful.

All good things end, of course, and even the *Clipper*'s yacht ride through paradise arrives at the dock in Saint Thomas at the end of the week. The inconsolable can try to cheer themselves up by binging in the shops of Saint Thomas, where a battery of duty-free or low-duty rules produces some of the best bargains in the world, notable among them cameras, jewelry, and liquor. This being the "big city" of the Virgins, onshore dining is available in quantity; and if you have another day to kill before your return flight, Magens Bay supplies another of the world's great beaches.

That's life in the big city—and its suburbs and rural areas too. Beaches, breezes, sun-dappled waters—even if you didn't want to live there, you'd have to admit the Virgin Islands is a pretty nice place to visit.

China

continued from page 92

scaffolding covered with thick, green netting to protect passing pedestrians from the falling brick and mortar is a common sight every other block. Chinese tour guides openly boast of "luxury" apartments where residents have "individual" facilities—their own families in China share these facilities with four or five other families. Like work and food, housing is government controlled. Three yards per person is the rule. You can always apply for modern housing, but if your present residence meets the per-person quota, it is unlikely your application will be considered. The demand for simply adequate housing is too great.

Economic reforms, such as piecework incentives and private land for peasants, have been initiated to encourage quantity and quality in factories and increased yields from the communal farms.

From the farms comes the food. And food is an obsession in China. The Chinese do not greet each other with the Western phrase "How are you?" Their greeting is, "Have you eaten today?" The nightmare of hunger pains and starvation is fresh in the memories of many Chinese people. That they are now well-fed is an achievement not lightly taken. Feeding more than one-quarter of the world's population is not an easy task, but the workers appear to be succeeding. Mealtime is a time of celebration, and as in ancient times, a celebration includes rituals of food and drink. The frugality of the Chinese character has helped them survive: Nothing is wasted. And new technologies are being researched to help meet the exacting demands of its population.

The open-door policy of Deng Xiaoping, *Time* magazine's 1985 Man of the Year, arches the brows of some conservative Communist leaders, but the procession of foreign influence continues. The thirst for goods, services, and technology out-

continued on following page

AT LAST! ORGANIZED TRAVEL

"Map Mate" features a reusable "write-on/wipe-off" planning surface. The kit includes a full-color 52-page road atlas, a 2-pocket travel bag—one with the "write-on/wipe-off" surface and the second pocket featuring space for receipts, travel records, etc.; also a marking pen for charting your trip. The complete travel companion "Map Mate"—only $9.95. Order today!

Amity Associates, Inc.
310 Ravenview Court
Anderson, IN 46011
Please send _____ (qty.) Map Mates @ $9.95 each, plus $1.25 postage/handling.
☐ *Check or money order enclosed.*
☐ MasterCard ☐ VISA Exp. Date_____
Card # _____
Name _____
Street _____
City _____
State _____ Zip _____
Indiana residents, please include 5% sales tax.
Satisfaction guaranteed or your money back.

Get out of the fast lane and onto our back roads.

Go fishing in picturesque mill ponds and mountain streams. Discover old barns, covered bridges and out-of-the-way inns. Take a ferry to an island where the people speak a foreign language: Olde English. Or join the loafers in Loafer's Glory. Our colorful new travel package will tell you more.

Name _____
Address _____
City *State* *Zip* _____

Free North Carolina Travel Package
Call toll-free: 1-800-VISIT NC, Operator 359
North Carolina Travel, Department 359, Raleigh, North Carolina 27699

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

distanced the desire to remain aloof and autonomous. Reins firmly in hand, the government searches for external means to meet the overwhelming needs of its 1 billion people.

In the quest, the party embraced tourism. Curious thousands flock through China's wide-open doors. Two hundred thousand Americans alone visited China during 1984. At first reluctant to share many of its secrets, China held an iron fist on itineraries until 1985. One hundred new cities have unlatched their gates and brought the total of cities and provinces open to foreign visitors to 257.

Riding high on this wave of change are immutable signs of the ancient Chinese culture—beliefs, practices, and traits that have endured the tumultuous centuries, and that will continue. In the arts, the temples, the palaces, and the fields, reflections of China's character and mystery emerge testifying to a people timelessly linked to a continuous quest for harmony and balance on all levels of existence.

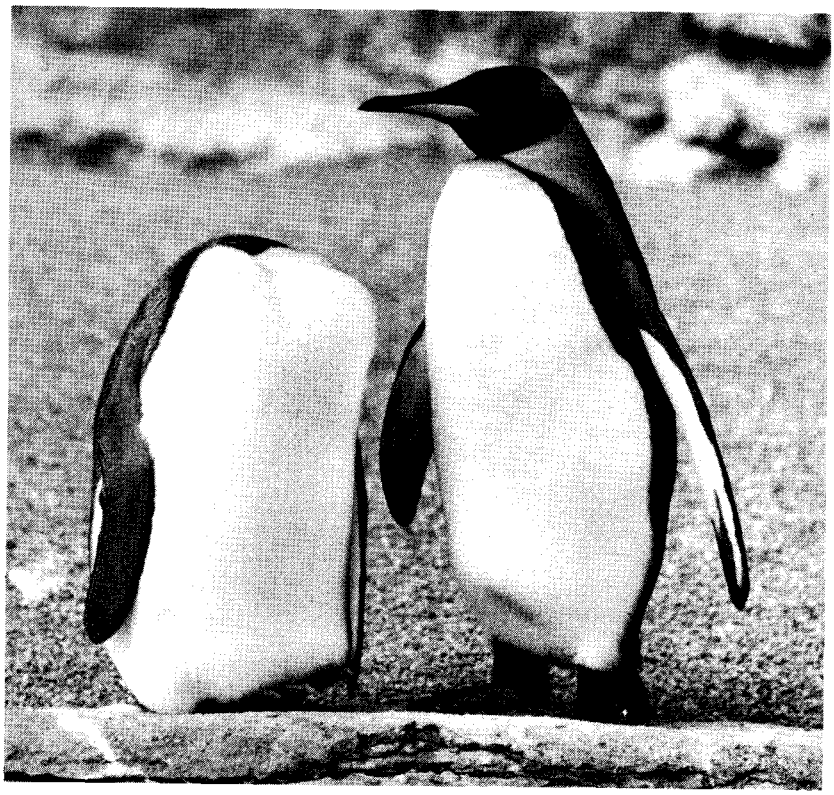
Calligraphy survives, flourishing in the Children's Palace. Here, the exceptional youth of China are instructed in the ancient music, literature, and plays, as well as in the modern sciences. At the teahouses, folk tales are retold. Traditional dancers in silk kimonos and ornate, jeweled headdresses glide through ancient dramas, performed centuries before in the imperial courts.

In Shanghai's Jade Buddha Temple, monks prayerfully bow to two priceless jade statues of the Buddha—one seated, the other reclining. Both are carved from single pieces of white jade. The temple smells of heavy incense, which supplicants light and place before the deity, along with their hopes for harmony and good health. Across the brick courtyard, the Grand Hall houses fearsome, towering minor deities of soil and seasons that glare down at passers-by. Made of clay at the core and gilded in pure gold, each god is part of the fabric that the Chinese believed maintained the universe in harmony.

• • •

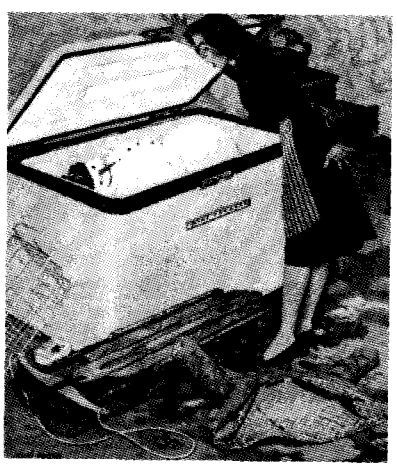
The Grand Canal: Life here is as old as China itself. Junks, fueled by human sweat, labor up and down this marvel of Chinese engineering ingenuity. Generations of families cling to the walls of the canal. Neighbors wash their laundry at its docks. Vegetables are rinsed in its muddy waters. Toddlers lean over the walls and curiously eye the strange faces, then shyly wave and retreat.

We are in Wuxi—one of the garden cities visited centuries before by emperors. Skilled craftsmen labor over clay figurines in the nearby factory, as they have for more than 400 years. Peach and apple blossoms scent the remote, peaceful countryside. An old monk deftly prunes bonsai branches in the famous garden of Liyuan. Outside the garden walls, on



Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be received by March 15, 1986.



Our congratulations and a check for $100 go to Virginia Krogwold, Amherst Junction, Wisconsin, for the winning entry in our December 1985 caption contest.

There was a young mother named Ceil
Who wanted to make a good meal,
But she didn't know
That an imp in the snow
Had put Frosty on top of the veal.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The Post Reader Service Center

Get away from winter boredom. Send for information and start planning your first spring outing. Exciting things are coming your way.

Free South Carolina vacation guide—64-full-color pages of uncrowded beaches, graceful gardens, historic cities, smiling faces, and beautiful places. Send for yours. Circle 1

State of North Carolina—Free 80-page vacation guide—to cities, attractions, historic sites, recreation, events, and activities. Circle 2

Free 80-page Tennessee vacation guide—to cities, attractions, historic sites, recreation, events, and activities. Circle 3

Steamboatin' on the legendary *Delta Queen* or the luxurious *Mississippi Queen* offers a unique cruise vacation featuring delicious food, entertainment, and historic landmarks and brings Mark Twain's America back to life. Circle 4

Send for a free 96-page official guide to Barbados. Includes information on Barbados' history, sports, geography, culture, currency, sightseeing, shopping, transportation, restaurants and clubs, entertainment, water sports, hotels, apartments, and villas. Barbados—A Land Beyond. For your free guide, circle 5

Beautify your garden with a selection from more than 1,300 varieties of world-famous irises, peonies, and day lilies; 96-page color catalog is $2 (deductible on first order). Make check or money order payable to Gilbert H. Wild & Son. Circle 6

The Post Reader Service Center
March 1986

Please send me information indicated by circled number 1 2 3 4 5 6

NAME _____
ADDRESS _____
CITY _____
STATE _____
ZIP _____

Fill out and mail coupon to:

The Saturday Evening Post
P.O. Box 2810
Clinton, Iowa 52735

Send 25¢ for p&h. U.S. currency only.
This coupon void after May 13, 1986.

Lake Tai, pavilions and pagodas stand guard to preserve the wind-water balance in the city; balance, as in the days of the mandarins, is a constant in Chinese life.

In the provinces, the land is worked relentlessly. No tractors, combines, or threshers—the soil is planted, watered, harvested, weeded, and nurtured by hand. As in centuries past, the possibility of starvation lurks in the minds of the communal farmers. Every inch of ground, down to the water's edge of irrigation ditches and the skirts of roads, has a purpose. Unplanted grass growing wild is picked to feed the livestock; cornstalks stacked against the mud walls of the communal village retain heat in the home during the winter months. Stray branches are cut into slivers, then sanded and lacquered to use as chopsticks. Frugality is part of the Chinese character—a virtue that has kept them alive.

Nowhere in China is the contrast between old and new more apparent than in Peking, or Beijing. For 700 years, since the reign of Kublai Khan, Peking has been the political heart of China. The name itself evokes images of ancient greatness, mystery, and splendor.

Stand in Tiananmen Square and witness China's past, present, and future. To the north side of the square, the famous Gate of Heavenly Peace, leading to the Imperial City, stands in immense splendor, a symbol of past civilizations under dynastic rule. A 60-ton granite obelisk in the center of the 100-acre square, with an inscription in Mao's own calligraphy, reflects the present mood of the People's Republic, translating to "Eternal Glory to the people's heroes." To the west is the Great Hall of the People, where China's leaders determine the present and future direction of China.

As you walk through the imposing Gate of Supreme Harmony within the Forbidden City, a glimpse of ancient China snaps you to attention. Across a massive stone courtyard, the Hall of Supreme Harmony is one of the most beautiful wooden structures in the world. With massive crimson columns topped by hand-carved mustard tiles, the 123-foot-tall hall was, at the emperor's decree, the tallest in Beijing.

© CPC

"Weighty Matters"

(11 x 14 frame not included)

Today's high grocery prices weighing heavily on your mind? Give your favorite homemaker (or yourself, if that's the case) this reminder that the good old days had their problems, too. This reproduction of the popular Leslie Thrasher illustration is available only while quantities last. Adds to any kitchen's decor and to your peace of mind!

Available for the first time on artist canvas

Armchair Shopper
P.O. Box 130
Indianapolis, Indiana 46206

Please send ____ Kitchen Canvas(es) at $6.95 for each canvas ordered.
☐ Check enclosed ☐ VISA ☐ MasterCard

Card No. _____ Exp. Date ____/____/____

Signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Indiana residents add 5% sales tax. 6B Allow 3 weeks for delivery.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

The awesome structure is a bold definition of the emperor's remoteness from common man. He was the son of heaven: the paragon of virtue and wisdom, and the symbol of the Confucian ideal. The three great halls, all called Harmony, reflect the elegance in living and the supreme good taste that was once China. From the Forbidden City the vast empire was ruled. In the Hall of Preserving Harmony, the palace examinations were held. Once a year, students would come to the Imperial courts and try to become mandarins, or scholars—the highest state of man in the Confucian system of moral order. Behind this hall, in the center of a stairway, is a ramp covered with sculptured dragons, carved from a single slab of marble weighing more than 200 tons. Dignitaries, eunuchs, and military officials knelt before the emperor in the great court outside the Hall of Supreme Harmony. The courtyard was once beautifully landscaped. One of the emperors, however, felt court security was not tight enough. The city, basically a rectangular island, was surrounded by a moat large enough for naval battle, and steep, massive walls to cut off the would-be climber. So, the gardens were removed, and six layers of bricks were arranged neatly in place in opposite directions. The emperor rested more comfortably. At least, we assume.

Along with dynastic rule, so too the court stories, the dramas, and the intrigues of the Forbidden City will forever remain a secret—shadows of an opulent past, probably unequaled on earth. There were once 9,999 rooms in this complex: 250,000 skilled Chinese artisans worked (and some died) to build the city. And as you pass through concubine quarters, the throne room, the offices of the mandarins and clerks, and the Empress Dowager Ci Xi's bedroom, the objects seem to whisper to you, and you begin to construct visions of what might have been.

Undoubtedly, the Imperial Palace in the Forbidden City is the most awesome, but the Summer Palace offers a more relaxed view of Imperial days. During the summers, the heat in Peking was intense. The emperors built a getaway several miles south of the city to cool off. Palaces, pavilions, temples, and halls nestled in a dreamily landscaped area, surrounded by Kunming Lake. The Marble Boat beached at the edge of the lake hits a sour note with the Chinese people: Funds earmarked to rebuild the navy were channeled into the building of this huge, double-decker boat. The Empress Dowager Ci Xi preferred to feel the cool breeze off the lake at night. The Covered Way, decorated with landscape paintings and depictions of Chinese legends, was the most delightful attraction at the Summer Palace. The intricate artwork and attention to detail is marvelous.

"Great idea you have there, Brady. Work on it a little more until it sounds like one of mine."

These imperial relics are now parks, museums, and recreation retreats for the workers, who turn out in droves to visit them. Packing a lunch and citrus drinks, families enjoy a freedom newly found since the end of the Cultural Revolution. Temples and grounds are being restored, using the same demanding skills that first constructed them. Preservation of the once despised imperial dwellings has become important. The leaders wish to leave the visible legacy of their struggle to future generations.

• • •

Undulating up the steep hillsides of far-northern China, where nothing seems to have changed for centuries, the Great Wall of China stretches out like time itself. The serpentine stone and elongated highway has for 2,200 years been the symbol of China, the nation. To some, it is the longest graveyard in the world; to others, a massive statement of China's superiority, visibly divorcing itself from the known world—one of barbarians.

The Great Wall is a wonder of the world—something ancient peoples somehow conceived and achieved, a powerful statement of inner resolution and fortitude. Perhaps it is still the symbol of China. But I hope it will remain one of the great wonders, and not a barrier, because I would like to return to China.

I felt welcome there.

• • •

Making travel arrangements to China requires extensive preplanning. The necessary documentation (passports, visas, etc.) must be in order. Reserving hotel accommodations at the various sites you plan to visit and arranging necessary guides and interpreters are essential steps in preparing for your adventure. Travel experts knowledgeable of Chinese customs and itineraries will help you. For one, the Royal Viking Line offers a 13-day land-sea cruise package that sets sail in the early spring and fall. The ports of call and the excursion packages are well-planned and expertly handled. If interested, contact Royal Viking's headquarters in San Francisco.

Key to Greatness

continued from page 18

these qualities with the attitude of serving, we may begin to see improvements in leadership and may even begin to see genuine greatness. Think of Albert Schweitzer, Mother Teresa, or the Japanese auto industry. Our attitude is the key. Do we see ourselves as servants or as servers? Do we see ourselves as givers or as takers?

John Kennedy's famous 1961 statement, "And so, my fellow Americans, ask not what your country can do for you; ask what you can do for your country," applies whether we're processing food, handling securities on the stock market, working in government, preparing young people to become productive citizens, or manufacturing a single item for a multimil-

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

lion-dollar communications system.

How do you stand with your constituents, whatever occupation they may hold? Are you coming in from the exalted position or the low one? Are they serving you, or are you serving them?

Think about it: If a man meets the need of someone else often enough that others seek him out, he's on his way to leadership, and possibly to greatness—very simple yet almost impossible to seize, yet the answer to one of the cravings of mankind.

Hats Off

continued from page 28

hats in cold weather do so out of vanity. We like to give the appearance of being undaunted by the cold and to stroll jauntily with bare heads held high into the teeth of a 40-below wind-chill factor. Oh, sometimes you have to have a blackened ear lobe removed by a doc, but that's the price of looking jaunty.

Being cool and youthfully dashing, the only concession I make to extreme cold is to put on a pair of quilted long underwear from Sears, wool stockings, heavy, insulated boots, a thick scarf, earmuffs, a ski mask, and mittens pinned to my sleeves so I don't lose them.

Of course, if I'm getting out of bed I'll wear even more.

Great Seafood

continued from page 23

Microwave almonds and margarine in a small bowl at High 2 to 2½ minutes or until lightly toasted; stir twice. Place fillets in an 8"x12" baking dish; sprinkle with lemon juice. Sprinkle with a mixture of wheat germ, cheese, and salt substitute. Top with almonds. Cover with wax paper. Microwave at High 4-5 minutes or until fillets flake easily.

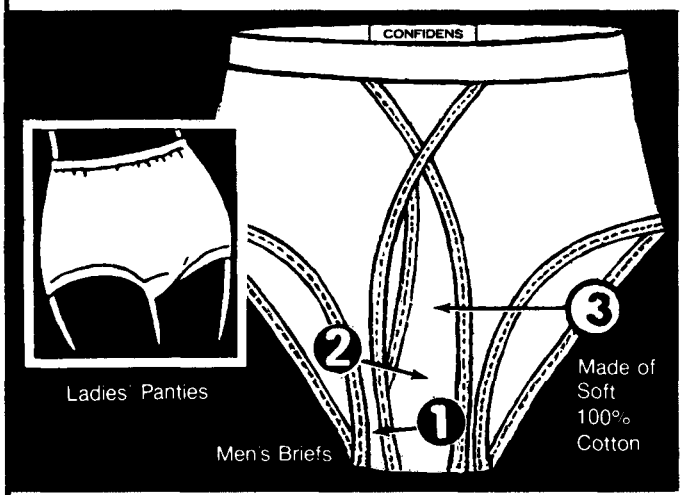
Scampi Stir-fry
(Makes 5 to 6 servings)

1 tablespoon water
2 cups fresh mushrooms
¼ cup sliced green onions
1 clove garlic, minced
2 tablespoons cornstarch
2 tablespoons soy sauce
½ teaspoon salt substitute
12 ounces uncooked, frozen shrimp

continued on page 102

At Last, A Doctor's Discovery Guarantees...

Luxurious Comfort with 24-Hour Protection!



3-Layer Design Guarantees Protection

① Inner layer of soft, highly-absorbent, 100% pre-shrunk cotton flannel.

② Middle "shield" layer of durable, water-repellent nylon.

③ Outer layer of fast drying, 100% cotton/knit.

Whenever incontinence occurs—The inner layer absorbs moisture, the middle layer acts as a moisture barrier that protects the outer layer and your clothing from stains and spots.

For years, a doctor sympathized with his patients who were forced to live with an embarrassing problem—spotting and staining of clothing caused by slight losses of urinary control.

Disposables seemed to be the only answer. But patients complained they were bulky, uncomfortable and made them agonizingly self-conscious.

So, he invented "CONFIDENS".

"CONFIDENS" are made of soft 100% cotton.

They're so comfortable you'll forget you're wearing them. They'll outwear and outlast regular "store bought" underwear by far.

Best of all, they'll provide you with a whole new world of freedom from the embarrassment and inconvenience of minor incontinence problems. You've got to try them to believe them!

Our risk-free offer—Order a pair (or two) of "CONFIDENS" and try them. Because we respect your privacy, all orders are mailed in a plain envelope. If you're not completely delighted, just return them within 30 days for a prompt, full, no-questions-asked refund.

A few Comments from Satisfied "CONFIDENS" Wearers.

"Just what I needed . . . I'm very pleased." B.P.W., Moline, IL

". . . I was so pleased . . . this is a repeat order." T.L.E., Maroa, IL

"Such wonderful garments." Mrs. H.L.S., Alamo, TX

"CONFIDENS", Dept. SEP036, 2246 D Rome Drive, P.O. Box 88319, Indianapolis, IN 46208

☐ Please rush me 1 pr. of "CONFIDENS" for $12.95 plus $1.50 post. and Hdlg.

☐ Please rush me 2 pr. of "CONFIDENS" for $25.00 POSTAGE FREE!

Mailed in Plain Envelope

☐ Men's Briefs,
☐ Sm. (30-32), ☐ Med. (34-36),
☐ L (38-40), ☐ XL (42-44).

☐ Ladies' Panties			
Size	Hip Size	Size	Hip Size
☐ 5	36	☐ 8	42
☐ 6	38	☐ 9	44
☐ 7	40	☐ 10	46

Ind. res. add 5% sales tax.
Enclosed is my ☐ check for or ☐ money order for $ _____
Please charge my ☐ Visa ☐ Mastercard
Acct. # _____ Exp. Date _____
Print Name _____
Address _____
City _____ State _____ Zip _____

© CONFIDENS, 1986

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

WE'LL GIVE YOUR DONATION A WARM RECEPTION

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Thanks to the generous response of our readers, the Benjamin Franklin Saturday Evening Post Museum is becoming a stunning showcase for early American artifacts. Representative of these are the antique irons we've received, many of which were actually advertised in the Saturday Evening Post decades ago.

As with many artifacts which have been sent to us, some of these irons carry an interesting anecdote or personal history.

For example, the story behind the flax iron donated by Mrs. Verner Ramsing of Alexandria, Virginia. This antique was a cherished memento of her late father, Joseph Sweet Martin, who passed away before her birth. Fondly referred to as "Joseph's iron," it was put to daily use by Mr. Martin during his college days at Cornell University. He kept the flax iron through medical school, and during his private practice in Binghampton, New York, in the early 1900's.

ALL the HEAT where HEAT is NEEDED
ASBESTOS SAD IRON
ASBESTOS SAD IRON
THE IRON OF THE LAUNDRY
A COLD HANDLE & HOT IRON
A Waxer and Polisher Free
THE DOVER MANUFACTURING COMPANY

Following Dr. Martin's untimely death during the flu epidemic in 1918, the flax iron became a family keepsake. While Mrs. Ramsing uses her other antique flat irons as bookends, she wanted to preserve the fond memory of "Joseph's iron" in our Museum.

On a lighter note, Harry Martin of Brooklyn, New York has sentimental recollections about the Mrs. Potts Sad Iron he donated to our Museum.

Another family keepsake, the iron was given to his mother by her mother. In the early 1900's, it was quite a privilege for young Harry and the other Smith children to be allowed to place the handle on the iron after his mother had heated it on the old coal stove in their kitchen. Interestingly enough, Mr. Smith recalls seeing the very same brand of iron as his mother's advertised in the Saturday Evening Post he was leafing through more than fifty years ago.

The term "sad iron" offers two different interpretations. One refers to the dreary chore of pressing clothes, and the other refers to the word "sad" being synonymous with "heavy and massive."

One of the more unusual irons we received is the Geneva Hand Fluter donated by Mr. and Mrs. Phillip Roberts of Corona de Tucson, Arizona. Avid antique collectors, the Roberts discovered their treasured Fluting Iron in an antique shop more than fifty years ago while they were on vacation.

While the Fluting Iron provided a somewhat awkward method making pleats in clothes, the two gas-fired irons donated by Mr. Donald Becklin of Medford, Oregon made all their predecessors seem obsolete at the time. However, the technological advantages of using gas to power the irons often proved to be a disadvantage when it came to safety. Because of their hazardous potential, the gas-fired irons enjoyed a rather brief popularity.

While these are just a sampling of the variety of artifacts we've received from our readers, we still have room for your contributions, whether they're furniture, household items, clothing or decorative items.

If you prefer, you may make a cash donation to the Museum. If you have artifacts from the 1800's or early 1900's and you wish to part with them, we welcome your donations. And not only will thousands of others be able to enjoy and appreciate their value, we will credit your name with an attractive plaque in the display.

If you have a collectible to share, whether it's a family treasure or an item hiding in the back of a cluttered closet, here's an "iron-clad" excuse to use it as a tax deduction when April 15 rolls around. But most important, you'll help us preserve the past, and our precious American antiquity. Send your contribution to:

The Benjamin Franklin
Saturday Evening Post Museum
1100 Waterway Blvd.
Indianapolis, Indiana 46202

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Great Seafood

continued from page 99

1 package (6 oz.) frozen pea pods
1 cup fresh bean sprouts

Microwave water, mushrooms, green onion, and garlic at High in a 1½-quart casserole for 2-3 minutes or until almost tender. Stir in cornstarch, soy sauce, salt substitute, and shrimp. Cover with casserole lid.

Microwave at High 5-6 minutes or until shrimp are no longer icy. Add pea pods and bean sprouts; cover. Microwave at High 6-7 minutes or until shrimp are opaque and curled; stir once or twice. Serve over rice.

Plastic Surgeons

continued from page 49

David. Still, they took him over, loving and protecting him.

Eight years and nearly 50 operations later, David has a face, but another 100 operations may yet be required before he will look normal.

• • •

There was more courage to come. In Norfolk, Virginia, "Operation Smile," run by two charismatic plastic surgeons, William Magee and James H. Carraway, has been making headlines. The excitement began last year when Mrs. Soledad Fernandez, supporting in her arms a 36-pound tumor that grew from the top of her head to her waist, made a 15-mile trek to the Philippine hospital where their team was set up.

"No one in the Philippines could handle something this big, and she had no money," explained Laurie Catena, the full-time director of the three-year-old program. "So we raised the money for plane fare, and last June she came to Norfolk. The Filipino community took her in and the surgeons took off the tumor." It was a 12-hour operation. Mrs. Fernandez lost 50 units of blood, and although her progress was desperate, she recovered in just a week.

A "700 Club" interview with Mrs. Fernandez before she returned to the Philippines generated even more enthusiasm and support for Operation Smile. In 1986, 50 people—including five plastic surgeons and five plastic-surgery residents—will go to the Philippines.

My list of six names was growing fast!

• • •

Then one night, Dr. M. Samuel Noordhoff called me from his Toledo hotel, where he had just been inducted into the most prestigious plastic-surgery organization in the world.

"Good grief," I thought. "How could a missionary who's been in Taiwan for 25 years have become so distinguished?" My father's first plastic-surgery resident, Sam Noordhoff had always impressed me as a big, unflappable Iowa farm boy, short on ambition and long on generosity.

He'd been a medical missionary in Taiwan since 1960, he told me, having taken time out to do his residency in plastic surgery in 1964. Today he directs Chang Gung Memorial Hospital, a world-class medical center in Taipei, where ten local plastic surgeons, whom he has taught himself and sent abroad for more training, work under him in various plastic-surgery specialties. My father describes it as one of the biggest plastic-surgery centers in the world. Dr. Noordhoff has taught so well that the place can go on without him.

He told me the story of a man with a bilateral (double) cleft lip. "He's poor," Sam explained, "so I take care of him without charge. Then he gets married and his child is born with a bilateral cleft lip and I do the kid for nothing, too. In fact, I have to pay for part of his care out of my pocket.

"Well, here he comes in with a second baby. And I tell him, I'll take care of it if he'll get a vasectomy. Well, he isn't going to do that, because he thinks it will interfere with his sex life. But when he comes in with a third baby, I convince him."

"All his kids had bilateral cleft lips?" I asked.

"Yeah," Sam drawled. "Three out of three. So you're concerned here with more than just the physical problem. You're concerned with their emotional and social and financial problems."

Mark Gorney later said of Sam Noordhoff, "Well, he's a saint." Dr. Gorney and his colleague, Dr. Edward Falces, are San Francisco plastic surgeons who do surgery abroad through an organization they started called "The Reconstructive Foundation." It all began with the gift of a black Cheshire-cat clock.

"One year," Dr. Falces had explained on the phone, "we got so much booze and bric-a-brac—including the cat—that we said, 'This is a foolish way for our colleagues to pay us.' [Doctors often work on each other's families without charging them.] So we called up our attorney and said, 'Make us a foundation.' So he did. And we said, 'You can't charge us for it.' And he said, 'I won't.' "

Dr. Falces, the head of the burn unit at Saint Francis Hospital, has begun other burn units abroad. With his wife, Suzanne, who organizes the foundation's trips, he's been working in such places as South America, Sri Lanka, the Philippines, Guatemala, Nicaragua, and Micronesia for about 11 years.

Dr. Gorney, past president of the American Society of Plastic and Reconstructive Surgeons, is often quoted by the press. I was therefore startled by the spareness of his office. I'd hardly had a chance to inspect the display case in the waiting room, where flags and photos verified a world of good works, when a pale man

continued on following page

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

A Heartwarming Portrayal of Loyalty from *A Child's Best Friend*

•A strictly limited edition porcelain plate

•Shown smaller than actual size of 8½"

•23K gold rim

Often, a child's most touching moments are those spent with a faithful pup. Especially when the canine is a "partner in crime," a bond of loyalty exists. "In Disgrace" portrays just such a heartwarming childhood moment, on a limited edition collector plate, sure to be cherished by all who view it.

A little girl and her playful pup have wreaked havoc in Mother's garden, and now the youngster must stand in the corner for her misdeed. Accepting his share of the blame, her loyal dog takes his place by her side, awaiting the time when they can again frolic and play.

This charming art is one of Bessie Pease Gutmann's most famous works, earning for her wide acclaim both in the U.S. and abroad. Now, for the *first time ever*, this famous art is being presented on an officially authorized limited edition porcelain collector plate.

Offered through The Hamilton Collection, "In Disgrace" premieres *A Child's Best Friend* Plate Collection—portraying eight heartwarming scenes by Bessie Pease Gutmann. Each issue will be hand-numbered and accompanied by a same-numbered Certificate of Authenticity, attesting to its status as part of the edition limit of 14 firing days.

In Disgrace

featuring original art by Bessie Pease Gutmann

As an owner of this first issue, you are guaranteed the right—*but never the obligation*—to acquire all seven subsequent issues of *A Child's Best Friend.*

Furthermore, you may acquire this masterwork *at no risk.* The Hamilton Collection *100% Buy-Back Guarantee* assures that you may return any plate for a full refund, within 30 days of receipt.

The first, officially authorized limited-edition plate, featuring this famed "In Disgrace" art by Bessie Pease Gutmann is expected to bring immediate demand. Because of this, we cannot guarantee your reservation after the final date shown. So, to avoid disappointment, *order today!*

©Rockford Editions, Inc., Rockford, IL 1935, 1962

FINAL POSTMARK DATE:
March 31, 1986

Limit: Two plates per collector.

Please accept my application for "In Disgrace" by Bessie Pease Gutmann, first issue in *A Child's Best Friend* Plate Collection inspired by her famous original paintings. 8½" diameter, 23K gold rim, hand-numbered. I understand I am under no obligation to buy any other plate. I wish to purchase ____ (1 or 2) "In Disgrace" plate(s) at $24.50* (plus $2.14 postage and handling) each, for a total of $_____ ($26.64* or $53.28*).

Please check one:

☐ I enclose full payment by check or money order. 74161

☐ Charge my credit card: ☐ Visa ☐ MasterCard ☐ Diners Club ☐ American Express

Acct. No. _____

Exp. Date _____

Signature _____

Name _____

Address _____

City _____

State _____ Zip _____

***Florida residents please add $1.34 per plate sales tax. Illinois residents add $1.87 per plate state and local tax.**

Please allow 6-8 weeks for delivery. All applications must be signed and are subject to acceptance. Deliveries made only to U.S. and its territories. ©HC1985

The Hamilton Collection
9550 Regency Square Blvd., P.O. Box 44051,
Jacksonville, FL 32231

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

in worn Levis and a rumpled sport shirt waved enthusiastically at me from behind the receptionist's glass.

"My God," I thought. "That can't be Gorney!"

It was. He ushered me vigorously into his small office, where slim and dark Dr. Falces seemed content to let Dr. Gorney do the talking.

Dr. Gorney was happy to do so. He'd just returned from Colombia, where his surgical schedule had gone on despite revolutionary warfare and a major volcanic eruption. The drama seems commonplace for this man, who, when lacking sterilizing facilities, has been known to dump his instruments in a bucket, douse them with ether, and toss in a match.

I could now see why he was once infuriated when characterized as "a nose man." If Dr. Gorney sees himself as anything special, it is as a champion of deformed children. It began, he says, when he was a medical student watching his first cleft-lip operation.

"In about an hour the surgeon converted a gross monstrosity that looked like it belonged in a pickle jar in a laboratory into a really beautiful human being," he says. "I was absolutely pole-axed —I'd never seen anything more fantastic in my life— and I thought, my God, that's the only thing to do."

He has pursued his work with a vengeance, going abroad countless times ever since he sailed on Project Hope in the early '60s.

Gorney and Falces believe strongly in teaching. "Once, in a mountainous area of Peru," Gorney explains, "the clinic opened its doors to 600 people. The team couldn't possibly, if they worked 24 hours around the clock, have done more than 150." The only solution was teaching local doctors their techniques. "It's like dropping a pebble in the water," he says. "You teach one, who will teach two, who will teach 16."

The two often travel with Interplast, an organization begun 15 years ago by Dr. Donald Loeb, the head of plastic surgery at Stanford University Medical School. Interplast last year sponsored a half-dozen trips to the Third World, in which 60 plastic surgeons participated. Everyone spoke with great affection of the youthful, energetic Dr. Loeb, but he could not be reached for comment.

So let the statistics speak instead, as they eloquently do: In 1985, Interplast personnel performed 1,315 free surgeries in host countries, representing more than $2.5 million worth of free surgical care.

My list of six names was now more than 100, according to Dr. Falces' estimate of plastic surgeons doing free work abroad—more than any other medical specialty. "We can go anywhere with a handful of tools and some heart and do a lot of good in a short time," Dr. Gorney explains. "And our results are dramatic—we work at the end of your nose!

"Didn't I tell you we ought to keep religion out of politics?"

"I've tried to publicize the fact that you should go out and work for your soul, and not just for your pocketbook. Everybody says, yeah, that would be awfully nice, but few actually sacrifice the time to go." He also mentioned that not everyone can deal with the sometimes primitive operating-room conditions.

In truth, however, the roving surgeons seem to enjoy the demands on their creativity by such things as defunct generators—nocturnal emergency surgeries have been completed by flashlight, by the beams of frantically pedaled bicycle lights, and even by the headlights of a Volkswagen propped up on a window.

And the heat? "Sometimes we scrub in our underwear, which the local people think is hilarious," Dr. Falces reports with a grin. "And once, we made a tent of bedsheets to keep the flies off the operating table."

So why do these surgeons do it? Although some, like my father, may have religious motivation, they all do it because it makes them feel good, it puts sparkle and adventure in their lives—and it makes them feel better about their wealth.

"I don't do this for any moral reason, you know. I just have a good time," says Dr. Jackson. "I think you only come this way once, and you might as well do what you can."

Mrs. Catena of Operation Smile thinks people get hooked on the deep satisfaction and adventure of it, an opinion shared by Dr. Gorney, who says, "We make every resident that has trained with us here at Saint Francis go out and do this. Once they go, they're hooked."

Dr. Noordhoff sums it up with a kiss he received from a university student: "It's very unusual for a Chinese girl to come up and give a kiss to a foreigner like that, you know," he says. "It sort of chokes you up."

No surgeon seemed to feel he had sacrificed much to donate his miraculous skills to the children and the needy of the Third World. On the contrary, many of these men have risen to the top of their profession. Like my father, they are highly respected, highly successful, and certainly well-off.

Why then, don't more physicians step onto the Third World welcome mat? Perhaps the "sea of broken faces" that men like Gorney find inviting, others find intimidating. Raw need that huge is truly frightening. One cannot look into those faces and easily sink back into a comfortable life.

That is the real sacrifice these doctors make—the inevitable uneasiness with affluence after facing Third World realities. Walking the tightrope between delighting oneself and meeting ethical demands takes courage. No one feels he or she does it well, but we must salute anyone, of any profession, who tries.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Oats Winner

continued from page 12

and have been for many years. Our congratulations to Mrs. Flohr-Svendsen for giving our contest a truly international flavor.

Honorable mention oat recipes are:

Oat-Bran Banana Bread

¼ cup shortening
½ cup sugar
1 egg
1 teaspoon vanilla
1½ cups mashed banana, very ripe
1 cup all-bran cereal
½ cup chopped nuts
1¼ cups flour
2 teaspoons baking powder
½ teaspoon soda
¼ teaspoon salt substitute
½ cup oat bran

Beat shortening and sugar until light and fluffy. Add egg and vanilla; beat well. Stir in bananas, cereal, and nuts. Add dry ingredients and oat bran; stir only until combined. Spread evenly in well-greased 9″x5″x3″ loaf pan. Bake in 350° F. oven about 50 minutes or until well-browned.

Barbara Nichols
Lake Jackson, Texas

Cabbage Soup

10 cups water
½ small head cabbage, shredded
1 can sauerkraut, rinsed and drained
1 cup sliced carrots
1 medium onion, chopped
½ cup fresh mushrooms
¼ cup barley
½ cup Mother's™ oat bran
Pepper to taste

Bring water to a boil; add cabbage, sauerkraut, carrots, and onion. Simmer until tender. Add mushrooms, barley, oats, and pepper. Cover and simmer; add more water if needed. Serve with potatoes or rye bread.

Sylvia Wolka
Big Rapids, Michigan

WHERE DO YOU THINK YOU ARE?

(Answers from page 94)

1. Maine 2. Michigan 3. North Carolina 4. Ohio 5. Pennsylvania 6. Rhode Island 7. South Carolina 8. Tennessee 9. Texas

Text Credits

Pages 22-23, Shrimp-and-Pasta Florentine and Baked-Fish Primavera © Union Carbide Corporation; 28, © 1966, 1969-1984 by Mike Royko, reprinted by permission of Sterling Lord Agency; 50, reprinted from *The Saturday Evening Post* ©1961. The Curtis Publishing Company; 62, reprinted from *Sky* magazine © 1985. Halsey Publishing Company, all rights reserved; 82, 84, recipes courtesy Campbell's Soup Company, except Cincinnati 5-way Chili (Union Carbide Corp.), Chili con Queso (reprinted from *The Saturday Evening Post Fiber & Bran Better Health Cookbook* by Cory SerVaas, M.D., Charlotte Turgeon, and Fred Birmingham © 1977. CPC (all rights reserved), Olive Chili con Queso from the book *Simply Elegant* published by Meredith Publishing Services, © Meredith Corporation, 1985. Courtesy of Lindsay® Olives.

Photo & Illustration Credits

Page 16 (clockwise from top left), courtesy of the Eisenhower family, Alison Circle/Minnesota Public Radio, Dirck Halstead/Gamma-Liaison, courtesy of Bethel College, ABC photo; 18, courtesy of CBN; 22, © Union Carbide Corporation; 24, (left) courtesy of Montana State University, (inset) Kondas Studios; 25, Darryl Jones; 26, reprinted from *The Saturday Evening Post* © 1916. CPC; 30, courtesy of Eastern Airlines; 32, NASA photo; 38, reprinted from *The Country Gentleman* © 1916. CPC; 42-45, Russ Busby/World Wide Pictures; 46-49, photos courtesy of participating physicians and Mary Blocksma; 58 and 59 (top spread), courtesy of National Optical Astronomy Observatory/Lowell Observatory; 58 (bottom), © Tom Victor; 59 (bottom), painting by Thomas Murray, courtesy of The Royal Society of London; 60, painting by Anne Norcia; 61, painting by Don Davis; 62 (left), Jim MacHugh/Sygma; 63, (top) courtesy of Amateur Hockey Association of the United States, (bottom) F.P.G.; 64, © 1985. Charlene Faris; 66, 67, reprinted from *Breast Carcinoma: Current Diagnosis and Treatment*, edited by Stephen A. Feig, M.D., and Robert McLelland, M.D., Masson Publishing U.S.A., Inc. © 1983. American College of Radiology; 68 (left to right), Berliner/Gamma-Liaison, Ralph Lewin/Camera 5, Julian Wasser/Gamma-Liaison; 69, (top) Peter Borsari, (bottom) Kevin Foster/Kondas Studios; 70, Peter Michael; 71, Lucian Lupinski; 83, courtesy of Campbell's Soup Company; 90, (left) Pat Perry; 90 (center spread), 91 (top), F.P.G.; 91 (bottom right), courtesy of Hemphill/Harris; 92, Roberts Ehrgott III; 96, photo by © Walter Sittig; 106, 108, Peter Michael.

SAVE YOUR CHILD'S LIFE

With only seconds to restart breathing, stop bleeding or handle other life-threatening emergencies, you need the most authoritative, comprehensive information available. And here it is. Easy-reference, 24-pages of easily-read, life-giving facts. Developed by a hospital, used by fire departments and rescuers. The $3.99 investment that can save a life. Must reading now, invaluable later. Learn how to save YOUR child's life. **Order today by calling Toll-Free:**

1-800-525-2772, Ext. 160

*(**Emergency HELP** can also help your non-profit organization raise more money. Call (303) 667-0151)*

Please rush me _____ copies of ***Emergency HELP*** at $3.99 each,

at a cost of _____ plus shipping & handling @ $1. each: _____

(No shipping or handling charges for orders of 10 books or more)

☐ Check for: _____ *(Colo. residents include 3.5% sales tax.)*

☐ Charge my VISA / MasterCard Expires: _____

#_____

Signature _____

Name *(print)* _____

Address _____

City _____ **State** _____ **Zip** _____

Emergency HELP • P.O. Box 96 • Loveland, CO 80537

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

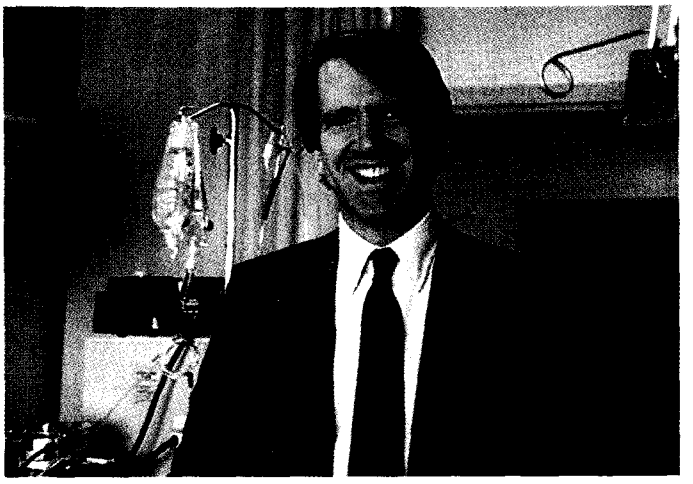
MEDICAL MAILBOX

by Cory SerVaas M.D.

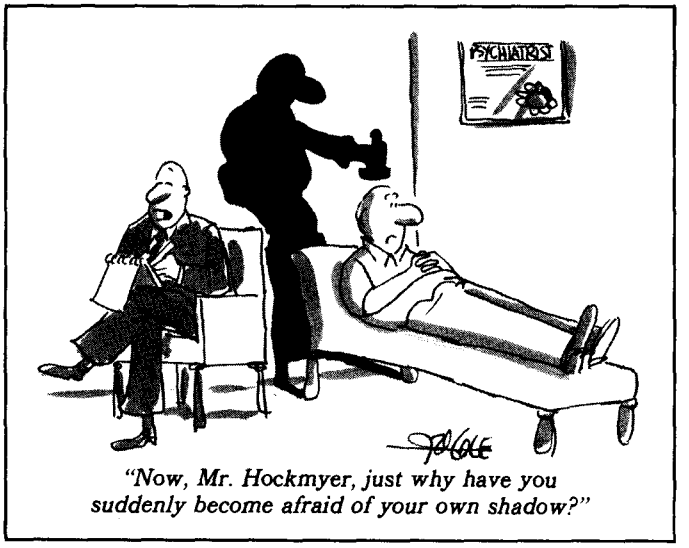
"It is a wise man's part, rather to avoid sickness, than to wishe for medicines."—Sir Thomas More

Kidney Care

The phone call to my office was from one of my mother's doctors at Iowa Methodist Hospital in Des Moines. He told me that my mother had just died. I called to tell my sister, my brother, and my mother's husband of less than a year. Then, thinking I might reach another brother who had been with her, I called her hospital-room number. I was put on hold, and you can imagine my joy when the silence was broken by voices in the background saying, "She's breathing on her own! She's breathing!"



Nephrologist Craig Shadur fine tunes the nutrition of patients with kidney failure and those undergoing kidney transplants. For our family, he provided another chance to say good-bye to our mother when he brought her back from the shadow of death. Harvard-trained nephrologists such as Dr. Shadur are studying the prevention or postponement of kidney failure with low-protein diets.



"Now, Mr. Hockmyer, just why have you suddenly become afraid of your own shadow?"

Could it possibly be that there would be another chance to say good-bye. . .another chance to tell her how much we loved her?

The doctor called back and confirmed that mother was breathing on her own and had been taken to intensive care.

My husband and I flew to Iowa, where another miracle of modern medicine was dramatically demonstrated to us. My mother had been confused and disoriented from uremic poisoning (urea in the blood). She had been nearly comatose, and she couldn't recognize anyone. But after just one dialysis treatment, she was saying, "I got my mind back." I sang "Silent Night" to her, and she began singing along with me. Tears welled in my brother's eyes when he said, "I love you, mom," and she replied, "I love you too."

My sister, who had held my mother's cold, limp hands the night before, couldn't believe that, after a single dialysis treatment, she was returning loving smiles. Because my mother was also a victim of cancer, persons not medically trained might quite naturally believe that the cancer had spread to the brain and caused irreversible damage.

Another of my mother's doctors had made her second chance possible. He is a nephrologist, trained at Harvard Medical School, who had been recommended when I called Harvard to consult an authority on nutrition for patients with kidney failure.

"You happen to have in Des Moines one of the finest men on this subject," I was told. "He is Dr. Craig Shadur. I'll give you his address and phone number." And it was Dr. Shadur who gave us hope that my mother's brain function could come back after he set up the dialysis for her. My mother's brain was not functioning only because her kidneys weren't able to remove the urea and the nitrogen wastes from her blood. This poisoning is measured by the blood-urea-nitrogen (BUN) laboratory blood test. Normal BUN runs about 15 to 20; hers was over 200. After the first dialysis treatment, it dropped to 93, and she knew us again!

Dialysis, or the artificial kidney, was invented by a Dutch physician, Dr. Willem Kolff. The procedure removes the blood from the body and runs it through filters so that the impurities are removed, just as the kidneys would have done had they been working. When a patient suffers from renal shutdown (kidney failure), the urea in the blood continues to accumulate until a coma ensues. Potassium is not removed by the kidneys either, and it too builds up in the blood. The high potassium interferes with the heart's rhythm and eventually causes it to stop beating.

At first there weren't enough artificial kidneys (dialysis machines) to keep all kidney-failure patients alive. Committees were set up at that time whereby a minister, a physician, or other community members would be burdened with the responsibility of deciding who should live and who should not. Mercifully, today dialysis equipment is available to all without the need of a committee to make

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

June Allyson
for Depend® undergarments.

Don't let a bladder control problem keep you from kicking up your heels.

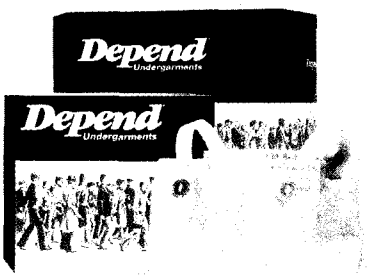
Now it's so simple to get back into a normal, active life. Because now you have Depend® undergarments to turn to for confidence, security and protection.

For starters, Depend is discreet. It's soft, thin and fits comfortably – close to your body. So nothing shows.

Depend undergarments also give you special absorbent layers for extra protection. Extra dryness. And extra peace of mind.

In short, Depend can help you live life with confidence again.

So start kicking up your heels. And get back into life. With Depend.

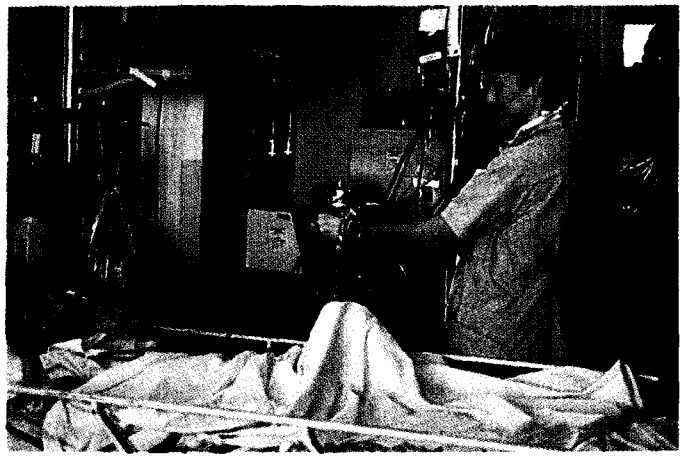


Fits both men and women.

Get back into life with Depend.®

® Registered trademark of Kimberly-Clark Corp. © 1986 Kimberly-Clark Corp.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



Dialysis teams like this throughout the world give life to some 80,000 patients with kidney failure. Many are kept alive with dialysis until a donor kidney becomes available for transplant. Our dialysis team consisted of a technician, Kathy Lee (left), and Karen Shelley, a registered nurse, with a portable dialysis unit for our mother, Trudy Van Ekeren.

such difficult decisions. A major lifesaving function of the dialysis equipment is to keep a person alive until a donor kidney can be found for transplanting. Nearly 15,000 people in the United States are living with kidney machines and waiting for kidneys to become available. Dr. Kolff's latest contribution to society is a dialysis machine that fits like a backpack and enables a person to go about his work or play while being dialyzed.

Dr. Barry M. Brenner, one of the physicians at Harvard who trained Dr. Shadur in nutrition for kidney patients, is forging into a new area of preventive medicine. He believes we could prolong the useful life of kidneys, and postpone the need for dialysis by feeding people less protein. He points out that there may be a fundamental mismatch between the evolutionary design characteristics of the human kidney and the functional burden imposed by modern high-protein eating habits. Sustained rather than intermittent excesses of protein in the diet cause increases in renal blood flow. This increase requires the "reserve" capacity of the outer portions of the kidney to be used more or less continuously, causing an unrelenting "intrarenal hypertension" and predisposing even healthy people to a deterioration of renal function. The biologic price of our high-protein diet is acceptable in the absence of diabetes, acquired renal disease, or surgical loss of a kidney. But more pronounced elevations in blood pressure in these conditions may lead to more rapid loss of renal function. Dr. Brenner points out that an obvious first step for these patients might be a reduction of protein intake, implemented early in the course of intrinsic kidney disease.

As the body burns protein, ammonia is left as a waste. This is converted into urea. Urea is the principle waste product the kidneys have to eliminate. The amount of this waste is determined by the amount of protein in one's diet. Urea is also produced during starvation, when the lack of sufficient carbohydrates forces the body to burn some of its protein to maintain life. (This is like chopping up the boxcars to keep the engine going!)

Excessive protein in the diet burdens the kidneys with excessive urea. This problem is often compounded in older individuals who do not drink sufficient water. More water does not make more work for the kidneys. In fact, the opposite is true—more water makes the kidneys work easier.

Dr. Giuseppe Maschio, chief of nephrology at the University of Verona, Italy, has conducted the largest study to date on the effects of diet in kidney failure. His new data were compiled by following 349 patients on a restricted-protein diet for 36 months. Sixty-one percent achieved a stabilization of kidney function; that is, the progression of their disease had halted. He noted that the results were not influenced by the age, sex, or general health of the subject.

One of Dr. Maschio's colleagues in Naples found that it took patients on a protein-restricted diet 91 months for their disease to progress to kidney failure and to dialysis treatments. However, for patients whose protein intake was not restricted, dialysis became necessary after only 16 months.

Dr. Maschio believes early intervention is critical in moderating the effects of the disease. Unfortunately, he fears most physicians in the United States are reluctant to start their patients on the diet because of America's love affair with protein. "You eat much more protein than you need in this country," he says. "I have no difficulty cutting a gentleman living in Verona from 70 grams of protein a day down to 50 grams," he noted. "However, I'm sure I would have much more trouble controlling the diet of a man in Los Angeles who is eating 150 grams of protein a day."

"With nearly two-thirds of your patients stabilized on a protein-restricted diet, will their condition eventually deteriorate?" Dr. Maschio was asked. "We don't know," he said. "We have a number of patients who have not suffered further kidney deterioration in ten years, and that's very unusual. In the meantime, I can tell you that we're saving the government a lot of money by postponing dialysis."

In the United States, dialysis costs the federal government about $25,000 per year per patient. There are approximately 80,000 people on dialysis, many of whom could come off dialysis if only more transplant kidneys were available. The Society wants to encourage our readers to think about donating organs whenever they lose a family member.

The heart of the mechanical kidney is the boat-shaped plastic tank. Inside this tank, a long, membranous tube is folded. The patient's blood is pumped through the tube and returned to his body. The wastes from the blood diffuse through the membrane into the surrounding salt-water solution that fills the tank.

The Colitis-Arthritis Connection

For some time, arthritis has been recognized as one of the complications of ulcerative colitis. Reports from our survey strongly indicate that many people treating their colitis with the research diet are experiencing improvement of their arthritis, which suggests that the arthritis many people suffer from is due to mild colitis or irritable-bowel syndrome. The correct treatment of their

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

arthritis, therefore, might not be drugs, but diet.

Our colitis research questionnaire was first used to survey members of a celiac-sprue (irritable-bowel disease due to wheat intolerance) convention in Des Moines, Iowa. The questionnaires were tabulated, and some surprising associations noted. One-fifth of the celiac-sprue victims had had kidney stones, and one-half had also suffered from arthritis.

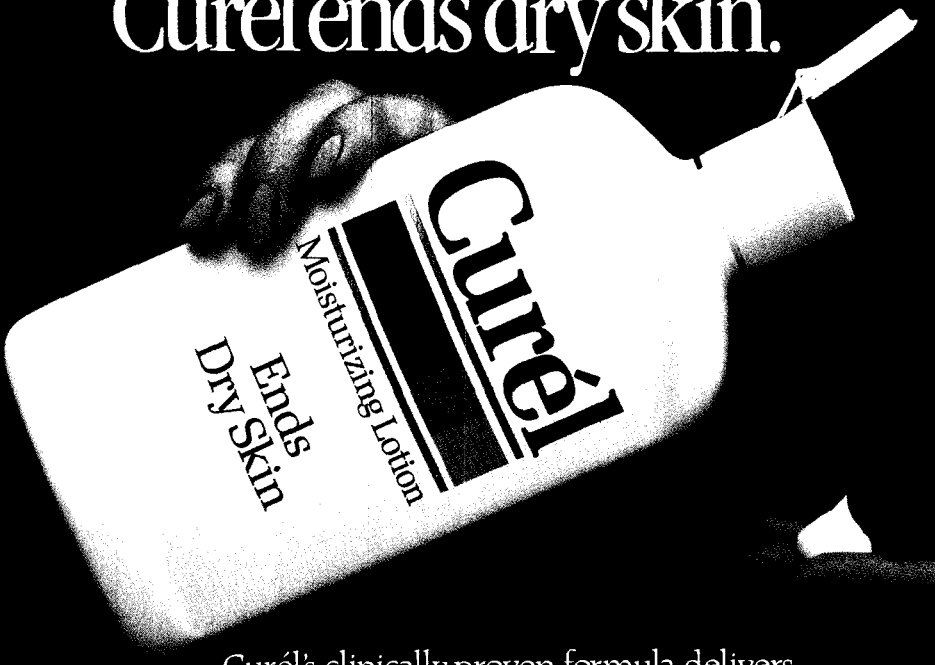
The high frequency of kidney stones among the celiac-sprue victims prompted this question: Might not kidney-stone formers show a high frequency of irritable-bowel disease?

The same questionnaire was sent out to the Kidney Stone Formers Club membership. As the results of this second survey came in, it was apparent that at least half the kidney-stone formers had irritable-bowel disease.

The high association of arthritis and irritable-bowel disease has prompted us to ask a second corollary question: Might not the joint disease of many of those suffering from arthritis be due to irritable-bowel disease? (Our preliminary evidence suggests that a high percentage of victims of osteo-arthritis might have the disease as a consequence of often mild irritable-bowel disease.)

We would like to invite those suffering from arthritis to write for our research questionnaire and diet. We hope to learn and to report to you how many arthritic patients will be relieved of their arthritis by treating their irritable-bowel condition with this research diet. Send to Colitis Club, P.O. Box 567, Indianapolis, IN 46206.

Most women agree...
Curél ends dry skin.



Curél's clinically-proven formula delivers extra-effective moisturizing that, with regular use, ends dry skin for most women.

And more than 7 out of 10 women surveyed preferred Curél over therapeutic Keri lotion.

They told us it was better. Better at ending dry skin. Better at moisturizing. And that it feels better on the skin.

No wonder most women agree Curél ends dry skin.

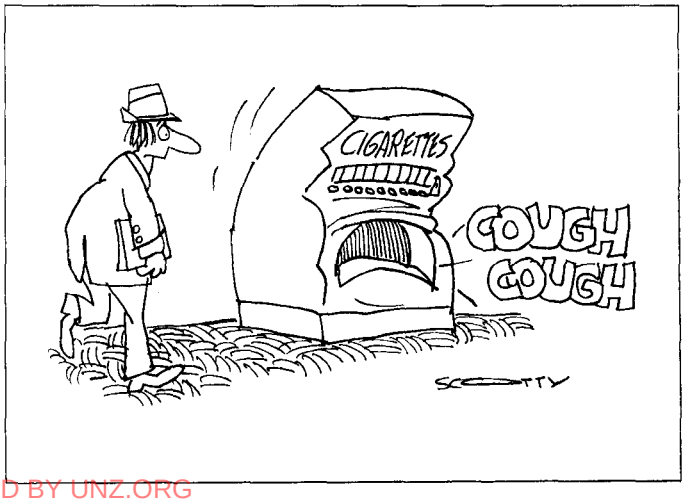
1985 S.C. Johnson & Son, Inc.

Odor from Marijuana

Please tell "Anonymous," in Hulbert, Oklahoma, in the December issue, that her son's clothing and room odor sound exactly like the smell left behind after smoking marijuana. Many, many years ago I briefly tried it, and I know the smell, which she describes as a chicken coop. Even before that, I had a boyfriend who had this odd smell and later I found out he smoked it too.

Another clue is the son's weight gain, laziness, and bad disposition—all symptoms of marijuana smoking. It creates a hunger for sweets, or just about anything, and the smoker becomes ravenous when high.

Hope this helps the mother to help her son to stop



PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

smoking it if he is, as it can be very dangerous and destructive to the body, emotions, and spirit—take it from one who wishes she had never seen it—I was "turned on" to it by my "knight-in-shining-armor" first husband, and nobody ever suspected (especially my family).

D.W.
Atlanta, Georgia

Gas Problems

Dear Dr. SerVaas:

Please do a column on a problem I understand a majority of people suffer from: intestinal gas.

I have suffered with this embarrassing problem for years and have only received temporary relief after consulting several doctors. Nothing works for long. It is an unbearable, embarrassing condition.

I have avoided apples, lima beans, sweet potatoes—and still I suffer from it.

Please write an article on it, and perhaps you can help me and others.

Jane Patterson
Baltimore, Maryland

Clove Cigarettes

Recent reports indicate that clove cigarettes, a new fad among teen-agers, are far more dangerous than tobacco cigarettes. According to Dr. Fredrick G. Schechter, an associate professor of surgery at the University of California, smoking clove cigarettes may lead to shortness of breath, coughing up blood, pulmonary edema (swelling of the lungs), exacerbation of colds or existing pulmonary illness, and death.

A $25 million lawsuit has been filed in California against the manufacturers, importers, and distributors of clove cigarettes, by the parents of a 17-year-old boy who died of bronchopneumonia several days after smoking clove cigarettes. An asthmatic woman died after passively inhaling smoke from clove cigarettes.

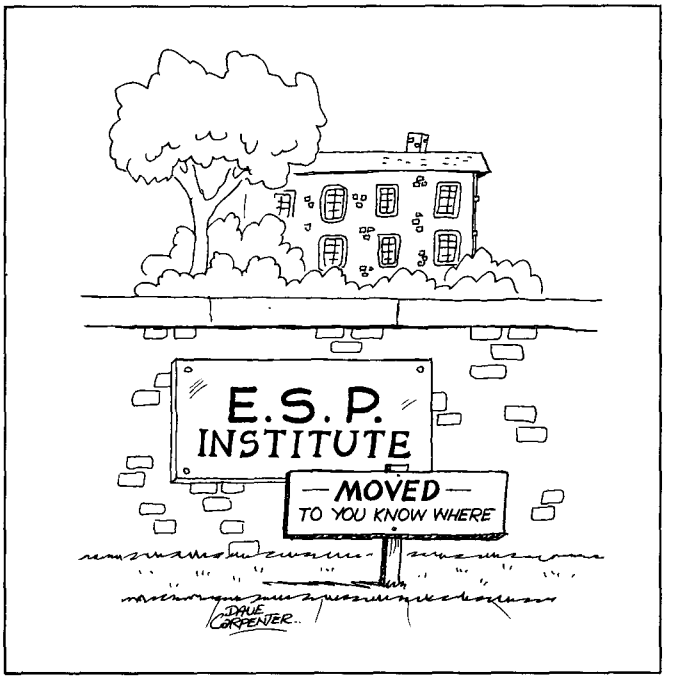
The Centers for Disease Control in Atlanta is receiving several phone calls per day regarding the adverse effects of clove-cigarette smoking. Health scientist Gailya Walter of the CDC reports that "seven cases of hospitalization and/or deaths" have been associated with the smoking of clove cigarettes.

The cigarettes contain 65 to 70 percent high-tar (30 to 40mg), high-nicotine, low-grade tobacco and one-third ground cloves. The severe irritation caused by these cigarettes is masked by eugenol, a powerful topical anesthetic contained in the cloves. (The eugenol itself is a harsh irritant.)

A special hot line for clove-cigarette complications has been established by Dr. Schechter. The telephone number is (213) 945-LUNG.

Prevent Drunk Driving

This idea came from the executive director of the Children's Better Health Institute: Bartenders might have their guests check their keys as they arrive for the evening. Later the bartender would have the privilege of giving the merrymaker a breath test to see if he was still in the legal limit to drive. If not, he could insist on calling a cab or having the intoxicated visitor driven to his home. If there were such a law, perhaps drunk-driving deaths would decrease.



Innocent AIDS Victims

The National Hemophilia Foundation is now recommending that hemophiliacs refrain from having children because 85 to 90 percent of them carry the AIDS antibody. This unfortunate situation could have been prevented if we had followed the practice of handling blood as it is done in Australia. There, blood-protein fractions are taken from individual blood donations, instead of from mixed pools of hundreds of thousands of transfusions, as is done here. The incidence of AIDS in Australian hemophiliacs is quite rare.

Hemophiliacs should lobby Congress to force companies to make antihemophiliac factor from individual units of donated blood, rather than the customary pooling of donors.

A recent study has shown that, among homosexuals, either cigarette or marijuana smoking increases the risk of getting AIDS by 3½ times.

Chicken Pox

When our daughter Joan thought B.J., their three-year-old son, had chicken pox last week, she wanted to know why lysine couldn't work since chicken pox is caused by a herpes virus.

We called a lysine authority, Dr. Richard Griffith, at Indiana University, and he suggested 50 mg of lysine per kilo of body weight. B.J. weighs 40 pounds or about 20 kilos (1 kilo = 2.2 pounds) so this totaled about 1,000 milligrams of lysine. Dr. Griffith suggested breaking up two 500 mg tablets into applesauce or mashed potatoes. Joan used cheese balls and it worked very well. Dr. Griffith reports that in the past, when a family member has had chicken pox, others in the family have, after being given lysine, had milder cases of chicken pox or none at all.

We appreciated Dr. Griffith's assurance that lysine is safe for children. He recommended a similar dose for B.J.'s 18-month-old brother, who weighs 35 pounds and showed no signs of chicken pox.

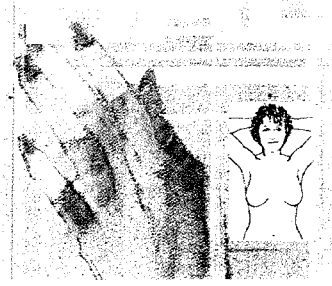
A vaccine for chicken pox is nearly ready for mass production.

Dear Dr. SerVaas:

I have had the same foot burning condition and could never have a cover on my feet in bed. Now I sit with the balls of my feet on an "ice pack" of frozen gelatin. Ice cubes will not work; the "pack" is colder.

Charmian Greer Szaltenis
Pittsburgh, Pennsylvania

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



MARCH ON THE 700 CLUB'S LIFECARE DIGEST

March 7
What To Do If Your Baby Stops Breathing

Flight attendant Sue Norman watched a LifeCare Digest segment on CPR and was able to save the life of a child mid-flight. We'll hear her heroic story and show you how to save a little one.

March 14
Beating Breast Cancer

The subject of breast cancer is often shocking. News that over half of U.S. women past 50 skip regular X-ray exams may be equally shocking. Learn about mammography, ultrasound and other potential lifesavers.

March 21
Lower Protein For Healthier Kidneys?

Even in the fitness-conscious '80s, some of us overexpress our allegiance to protein. According to a Harvard researcher, cutting out excess protein may cut chances of kidney failure, dialysis and the like.

March 28
The Eyes Have It

Where do doctors explore tiny blood vessels without surgery? Often, they do it in the real mirrors of the body, your eyes. With an ophthalmoscope they can tell what the blood vessels throughout your body are probably like.

The 700 Club

TV JOURNALISM WITH A DIFFERENT SPIRIT

Check your local listings for time and station

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

Cancer Survey

continued from page 67

uates, 24 percent had some college training, 25 percent had college degrees, and 17 percent had some postgraduate training.

Before reading the articles about cancer prevention, about 30 percent of the survey respondents felt there was "quite a lot" they could do to reduce their risks of ever developing cancer. After reading the articles, more than 65 percent felt this way. These are dramatic improvements. Similarly, before reading the articles, 10 percent did not believe they could reduce their cancer risks at all, but afterward only 2 percent felt this way. This very encouraging trend shows that *Post* readers clearly understand that lifestyles and health behaviors can be used to reduce the risk of developing serious diseases such as cancer.

An interesting finding from this survey is that women who believed in their ability to reduce their cancer risk were more regular users of all four screening procedures than were women who didn't believe strongly in risk reduction. This type of information is important for health researchers and health planners because it tells us that not believing in risk reduction is a barrier to effective health actions. The same information should be of importance to the general public as a reminder to act on the health knowledge one possesses, and to continue to expand that knowledge.

Cancer Prevention Tips from the National Cancer Institute

- Don't smoke or use tobacco in any form.
- Eat foods high in fiber and low in fat.
- Include fresh fruits, vegetables, and whole-grain cereals in your daily diet.
- Health and safety rules of your workplace should be known and followed.
- Avoid unnecessary X-rays.
- If you drink alcoholic beverages, do so only in moderation.
- Avoid too much sunlight; wear protective clothing; use sunscreens.
- Take estrogens only as long as necessary.

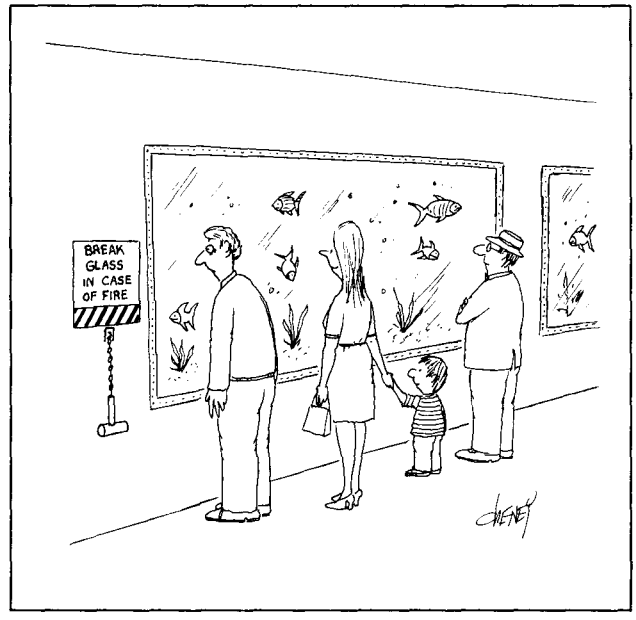
For more information on cancer or cancer prevention, call the NCI's Cancer Information Service at 1-800-4Cancer.

Gardens

continued from page 64

fodils, and other bulbs planted in the bare patches early this winter will soon be giving me bouquets for house and garden.

The system works equally well in containers on the patio. I'm currently growing Kalanchoes in containers,



and I care for them as I do for my in-ground seedbeds. And although especially designed for small-space and container gardeners, this system can be as readily applied to large spaces. It gives quick results without overplanting or underplanting, and the gardener need not lose valuable time and funds by experimenting.

Because moisture retention is central to the system's benefits, desert gardeners can use either method—in-ground or containers. But for better results in the desert, Langston recommends containers.

Vets on Pets

continued from page 27

which is not really very good for scratching.

LaDonna Johnson
Owatonna, Minnesota

Dear LaDonna,

Declawing, an elective surgery, may or may not offend the sensitivity of individual cat owners. All my cats have been declawed. They suffered no ill effects I could detect and were still able to climb when outside.

Veterinarians take an oath to temper pain with anesthesia. I have had no patients returning with infections following this surgery, although the potential for infection follows any surgery.

For people who wish to have their cats declawed, I make the following recommendations: Declaw the front feet only; schedule the surgery when the cat is young, if possible (less than one year old); and avoid several stresses at once. In other words, do not have surgery performed at the same time as vaccinations, worming, baths, etc.

You have pointed out a good alternative with the scratching post. By scratching, cats condition their claws as well as mark territory with secretions from glands in their feet. Establish the new scratching post as the cat's territory by rubbing its feet on it. Select a post covered with material that has longitudinal threads and keep the post in the cat's favorite place until it is used to using it.

A recent veterinary journal described a procedure placing small beads on cats' claws as an alternative to surgical declawing. The beads are put on the tip of the claw with a type of glue. The cat can use its claws but not tear with them. The beads are shed periodically along with the tip of the claw.

Declawing cats is an ethical question on which many differ in opinion. Often what is acceptable to certain individuals is offensive to others. I personally will not pierce my ears or wear real animal fur; yet I have no trouble with wearing shoe leather, eating steak, or declawing C.K., my own little "boy." To thine own conscience be true.

Thank you for writing.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED

One of the most spectacular sights in Alaska is the one that takes you there.

On a Princess Cruise to Alaska, you'll not only take in the beautiful surroundings. You'll take them along.

You're aboard the Royal Princess, a ship of unparalleled luxury. The only ship afloat with all outside staterooms, many with private verandas. The only ship with two acres of protected deck space, so you can appreciate nature's wide, open spaces while you enjoy some of your own.

Gliding past is a wall of ancient ice. You're sailing past miles of untouched timber. Walking down creaky wooden sidewalks in Skagway. Over there, Ketchikan. Juneau. Sitka.

It's Alaska as only Princess can show you. British officers to inform you. Charm you. Assist you. An Italian dining staff to wine you. Dine you. Thoroughly delight you. With the ultimate British-registered ships to take you.

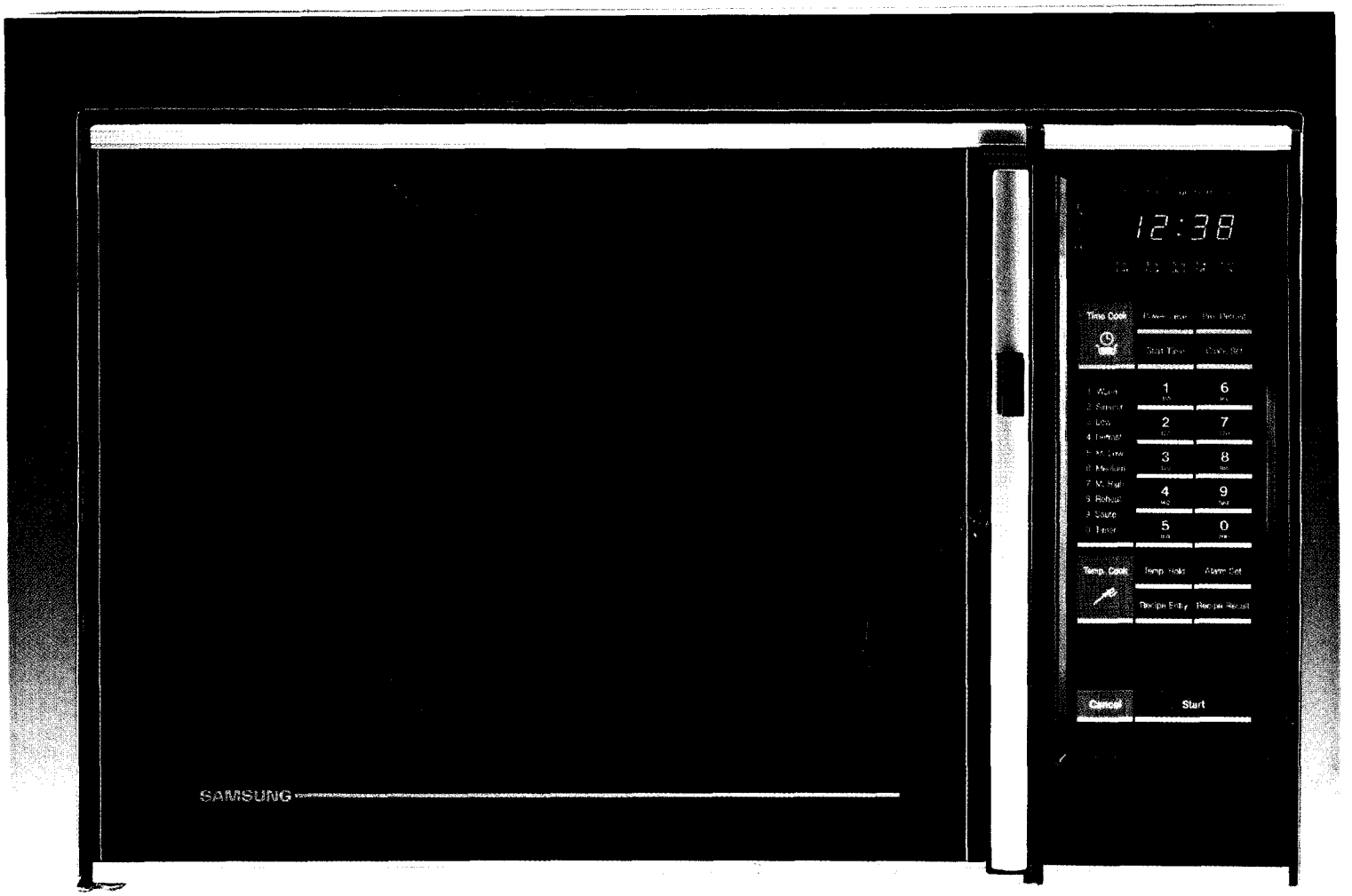
The Royal Princess, for ten spectacular days, departing from San Francisco. Or the elegant Island Princess or sleek Sun Princess, for a never-to-be-forgotten week, departing from Vancouver.

For your free brochure with information on Expo '86 packages, air programs and special discounts, call 1-800-421-0522, extension 56, or see your travel agent.

And be with us this summer. When we set our sights towards Alaska.

Princess Cruises to Alaska

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED



The Samsung RE800TC Microwave. Fully loaded. Easy electronic touch controls. Four stage memory cooking. Stores and recalls up to four favorite recipes. Programmable quick defrost cycle. Accurate temperature cooking/temperature hold with sensor probe. Convenient auto start, can be delayed up to 12 hours in advance. Call 1-800-255-2550 for nearest Samsung dealer.

SAMSUNG

A LIMITED WARRANTY TO CONSUMERS
Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE

PRODUCED BY UNZ.ORG
ELECTRONIC REPRODUCTION PROHIBITED